TV'S COOLEST KITCHENS! How to steal their look p.52

TAKE A BITE OUTTA LIFE!®

EveryDay with Rachael Ray®

Comfort Food *Fast!*

27 new weeknight recipes

TAKEOUT FAKEOUT!
CHINESE FOOD MADE HEALTHY
BONUS BOOKLET

ONE-POT COOKING SECRETS

FROM FISH & CHIPS TO FRESH-BAKED BREAD p.106

plus

Muffin Mania!
One batter, a dozen fun flavors

Island Getaways
Affordable trips for food lovers



RACHAELRAYMAG.COM
MARCH 2015

ADVERTISEMENT



Are You a **Solutionsetter**?

Do your friends turn to you for everyday advice and inspiration? From home décor to fashion to food—is your expertise desired by all? If this sounds like you, then you're a **solutionsetter**!

so·lu·tion·set·ter
/səˈlo͞oSH(ə)n, sedər/ *noun*

A person who is always prepared for a potential problem—spotting them before they even happen—with an innovative and thoughtfully designed solution.

Here are some simple everyday solutions to add to your list of bright ideas.



HOME

Add a contemporary twist to your kitchen with a statement-piece, such as an elegant vase of fresh flowers or unique wall art. To combine eye-catching sophistication with high functionality, try Moen's MotionSense™ faucet. This hands-free faucet responds the instant you need it, with the wave of a hand, making your kitchen the most modern room in your home.

FASHION

Display scarves and jewelry on hooks so that the perfect accessory is always in sight. These beautiful items will not only add a stylish splash to your outfit but to your room too.





FOOD

Keep your pantry stocked with essentials such as dried pasta, canned vegetables and chicken stock so that you can whip up a meal that will wow spur-of-the-moment guests.

MOEN
Buy it for looks. Buy it for life.®

For more innovations visit **Moen.com**


Water with
the wave of a hand.
MotionSense,™ only from Moen.
Wave over for a pot-filling
stream. Reach under for a
quick rinse. It's water how
you want it, when you want it.
moen.com
MOEN
Buy it for looks. Buy it for life.®
© 2015 Moen Incorporated.

© Procter & Gamble, Inc., 2015



NO WORRIES HERE.

NEW Secret Outlast Clear Gel. Superior odor protection that goes on clear for no white marks.
FEARLESSNESS. APPLY DAILY.

48HR + NO WHITE MARKS

contents

MARCH 2015



Specials of the Month

90 RACHAEL RAY'S 30-MINUTE MEALS
A touch of spice! A sprinkle of herbs! See how Rach amps up veggies, pastas, soups and more in these delicious spring dinners.

100 MUFFIN MANIA!
With one simple batter, plus some fun mix-ins and toppings, you can make a dozen sweet and savory treats.

106 GO DUTCH!
See how easy it is to use your Dutch oven for frying, stewing, roasting—and even making bread!

GO DIGITAL!
Get easy access to bonus recipes, party ideas and more when you add our tablet edition to your subscription at **RachaelRayMag.com/digitalnow.**



on the cover

Photography by Melanie Dunea; prop styling by Paige Hicks; food styling by Michelle Gatton; fashion styling by Jane Harrison Fox; makeup by Joe J. Simon for Giorgio Armani Beauty; hair styling by Mary Curran for Arte Salon, *mcurranstylist.com*.

PHOTOGRAPHY BY ROMULO YANES; PROP STYLING BY PAIGE HICKS.

contents

MARCH 2015

Found in every issue

11 RACH'S NOTEBOOK
A cool playlist (and some fun facts) from Rach's Feedback Party at the SXSW music and film festival in Austin

16 THIS MONTH'S MENU
Our index of recipes in the issue



LIGHTENED-UP CHINESE FOOD
It's a takeout fakeout! Eight healthy recipes for your fave Chinese dishes

116 INSIDE OUR TEST KITCHEN
Genius tips and tricks

118 PET PROJECT
Meet cute kitties saved thanks to Rach's $100K ASPCA challenge.

120 KITCHEN CAMEO
Anna Kendrick cooks up something special.




page 34


page 86


page 23


page 80

Only $40!

food & fun

23 IN SEASON
Get fresh with pineapple.

27 FAST IDEAS
Fifteen spring meals you can whip up in a flash

36 FLAVOR WHEEL
Six creative ways to make your hummus into a dip no one can resist

39 GREATEST HITS
Snack your heart out with one (or more!) of our 25 most popular chicken wings recipes of all time.

42 EXPRESS-LANE SUPPERS
One grocery bag, three fast meals

45 COOK WITH KIDS
Healthy-food expert Ellie Krieger cooks an awesome, easy dinner—in a foil packet!

home & away

49 LIFE OF THE PARTY
Give your den a March Madness makeover by turning team T-shirts into game-day decor.

52 AS SEEN ON TV!
Peek behind the scenes at your favorite TV show kitchens—then steal their tricks!

61 WORD OF MOUTH
Over-the-top tableside dining; Cinderella's new look; chefs beyond borders and more

66 TRAVEL LIST
Bring on spring break! Six easy-to-get-to islands that are worth the trip for the food alone

faves & saves

71 WORTH IT?
Shell out some dough for a stand mixer—and the handy attachments.

75 SUPERMARKET SMARTS
Cheesy bites; battle of the hot fudge; try your hand at our celebrity matching game.

80 GOOD BUYS
Green goodies that will brighten up any home for St. Patrick's Day

83 LOOKING GOOD
Pucker up! Beauty trends bring the candy store to your makeup bag.

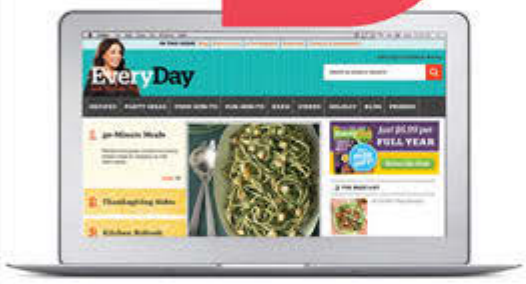
86 STYLE PICKS
Cute handbags to update any outfit


PEPPERIDGE FARM
Let the
Swirl Effect
begin!
©2014 Pepperidge Farm, Incorporated.
Wholesome
Yummy
Morning Magic
PEPPERIDGE FARM
Swirl
Cinnamon

PROMOTION

only @ RachaelRayMag.com

click
Find all the stuff you love, any time you want it!



30-Minute Meals
Rachael's newest dishes along with 2,500+ more

Weeknight Dinner Finder
Super supper recipes plus a print-and-go grocery list

Party Ideas
Fun recipes, menus and decorating tips for any occasion

Faves for All
Great getaways, DIY help and fun for our four-legged friends

EveryDay with Rachael Ray

FOUNDER AND EDITORIAL DIRECTOR RACHAEL RAY
EDITOR-IN-CHIEF LAUREN PURCELL
EXECUTIVE EDITOR DANA BOWEN
MANAGING EDITOR KATHLEEN KREMS TERZUOLI

EDITORIAL

FOOD
EXECUTIVE FOOD EDITOR Nina Elder
FOOD FEATURES EDITOR Gabriella Gershenson
FOOD EDITORS Alexa Weibel, Cecily McAndrews

LIFESTYLE
EXECUTIVE LIFESTYLE EDITOR Jennifer R. Beck
BEAUTY AND TRAVEL DIRECTOR Abbie Kozolchyk
HOME AND MARKET EDITOR Lisa Freedman

TEST KITCHEN
TEST KITCHEN DIRECTOR Janet Taylor McCracken
TEST KITCHEN ASSOCIATE Charles Grayauskie

DESIGN
ART DIRECTOR Jessica Weit
ASSOCIATE ART DIRECTOR Erin Wengrovius

PHOTOGRAPHY
PHOTO DIRECTOR Kim Gougenheim
DEPUTY PHOTO EDITOR Kelly Clark
ASSOCIATE PHOTO EDITOR Andi Hensley
CONTRIBUTING PHOTO EDITOR Lisa Dalsimer

PRODUCTION
PRODUCTION DIRECTOR Betsey Barnum

COPY & RESEARCH
ASSISTANT MANAGING EDITOR Margaret Farley
RESEARCH CHIEF Marissa Wolkenberg

DIRECTOR OF COMMUNICATIONS, RACHAEL RAY
Michelle Boxer
EDITORIAL ASSISTANTS Nicole Witko, Shay Spence
EDITORIAL BUSINESS COORDINATOR Christiana Brebnor

RACHAELRAYMAG.COM
EDITORIAL ASSISTANT Lauren Katz

PRESIDENT, WOMEN'S LIFESTYLE GROUP Thomas Witschi



@kelly_love_com's chocolate chip cookies made our mouths water during December's Instagram cookie swap!

TEAM SPIRIT!

We're celebrating March Madness with our editors' sports-fan pics. Tag your own with **#RR30Days** and you could be featured in our May issue!



Like mother, like son! Baby Gus will be a proud Mizzou Tiger for life.
—**Nina Elder, @ninaelder**



My husband's Tar Heels tee collection inspired the story on page 49!
—**Dana Bowen, @dana_bowen**

Please Recycle This Magazine

FIND US ON
RachaelRayMag.com
facebook.com/RachaelRayMag
@RachaelRayMag
pinterest.com/RachaelRayMag

CONTACT US!
EMAIL THE EDITORS **editor@RachaelRayMag.com**
ORDER OR ASK QUESTIONS ABOUT A SUBSCRIPTION
Email **evrcustserv@cdsfulfillment.com** or visit **RachaelRayMag.com/help**
ANYTHING ELSE? Try **RachaelRayMag.com/faq**

MARCH INTO SPRING ...WITH RACH



GOOD EATS
GOOD FRIENDS
GOOD TIMES

ALL MONTH LONG!

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

RACHAEL

WEEKDAYS check local listings | www.rachaelrayshow.com

TM & © 2015 CBS Studios Inc. All Rights Reserved.

the Brown Sugar that Pours — Neat!



Previously Domino® Brownulated Sugar

Pourable Light Brown Sugar

A delicious brown sugar that pours neatly and doesn't harden — perfect for when you need a small amount for a topping or in a recipe.

Warm Apple Compote

Ingredients

1 1/2 tbsp butter or margarine
1 1/2 cups coarsely chopped apples
1/2 tbsp lemon juice
1/8 tsp nutmeg
1/4 cup Domino® Pourable Light Brown Sugar

Instructions

In a skillet, melt butter over medium-low heat. Stir in apples, lemon juice and nutmeg. Cook, stirring occasionally, until apples soften, about 7 minutes. Reduce heat to low and stir in sugar. Cook, stirring gently, until mixture becomes syrupy, about 2 minutes.

Serve warm as a topping for pancakes, waffles, ice cream or oatmeal.

© 2015 Domino Foods, Inc.

Also try **Domino® Quick-Dissolve Superfine Sugar** to evenly sweeten hot or cold beverages – quickly and neatly!

dominosugar.com/flip-top-sugars

Domino Sugar is part of ASR GROUP

EveryDay with Rachael Ray

GROUP PUBLISHER
STEPHEN BOHLINGER
ASSOCIATE PUBLISHER, MARKETING
TERRI SMITH
ADVERTISING SALES DIRECTOR
TRACY HADEL

ADVERTISING

NEW YORK 212-455-1209
SALES DEVELOPMENT DIRECTOR Tracie Lichten
FOOD/PACKAGED GOODS DIRECTOR Tiffany Cave
SOUTHEAST DIRECTOR Mallory Parks
HEALTH/BEAUTY DIRECTOR Heidi Heath
SALES ASSISTANTS Jean Christensen, Sharon Taplin

CHICAGO 312-281-3518
ACCOUNT DIRECTOR Michelle Butler-Mingey
ACCOUNT MANAGERS Kathleen Burke, Christine Rozmanich
SALES COORDINATOR Tom Russell

DETROIT 248-205-2571
ACCOUNT MANAGER Karen Barnhart

LOS ANGELES 310-689-1637
WEST COAST DIRECTOR Kuuipo Cashman
SALES ASSISTANT Jinna Vorhees

TRAVEL
NATIONAL TRAVEL DIRECTOR Jodie Schafer

DIRECT MEDIA 212-499-6728
BUSINESS DEVELOPMENT MANAGER Cree Flourney

MARKETING
MARKETING DIRECTOR Kristin Guinan
DESIGN DIRECTOR Alyssa Dainack
PROMOTION DIRECTOR Alyssa Kuppersmith
SPECIAL PROJECTS DIRECTOR Cheryl Marker
SENIOR MERCHANDISING MANAGER Allison Kelly
PROMOTION MANAGER Melissa Grimes
ASSOCIATE MARKETING MANAGER Christine McEnery
ART DIRECTOR Jiri Seger
DESIGNER Sara Douma
PROMOTION COORDINATOR Erin Abramson
EXECUTIVE DIRECTOR, RESEARCH SOLUTIONS Heather Dooling
RESEARCH DIRECTOR Diane Terwilliger

ADVERTISING PRODUCTION
PRODUCTION DIRECTOR Kent Pollpeter
SENIOR ADVERTISING OPERATIONS MANAGER Katy Hildman
PRODUCTION TRAFFIC SUPERVISOR Pam Hutchcroft
QUALITY/TECHNICAL DIRECTOR Dave Wolvek

CIRCULATION
ASSOCIATE CONSUMER MARKETING DIRECTOR Bill Wood
RETAIL BRAND MANAGER Jennifer Hamilton

FINANCE
BUSINESS DIRECTOR Christy Light
SENIOR BUSINESS MANAGER Robyn Dean
BUSINESS MANAGER Bryce Rockers
ADVERTISING BUSINESS MANAGER Stephanie Rabbani

SUBSCRIPTION INFORMATION To subscribe, change your address or ask questions about your subscription, call 800-305-7991 or log on to RachaelRayMag.com/help. Our subscriber list is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.

MEREDITH NATIONAL MEDIA GROUP
PRESIDENT Tom Harty

EXECUTIVE VICE PRESIDENTS
PRESIDENT, MEDIA SALES Richard Porter
PRESIDENT, PARENTS NETWORK Carey Witmer
PRESIDENT, WOMEN'S LIFESTYLE Thomas Witschi
PRESIDENT, MEREDITH DIGITAL Jon Werther
PRESIDENT, MEREDITH HOME GROUP James Carr
CREATIVE CONTENT LEADER Gayle Goodson Butler
CHIEF MARKETING OFFICER Nancy Weber
CHIEF REVENUE OFFICER Michael Brownstein
GENERAL MANAGER Doug Olson

SENIOR VICE PRESIDENTS
CHIEF DIGITAL OFFICER Andy Wilson
DIGITAL SALES Carolyn Bekkedahl
RESEARCH SOLUTIONS Britta Cleveland

VICE PRESIDENTS
BUSINESS PLANNING & ANALYSIS Rob Silverstone
CONSUMER MARKETING Janet Donnelly
CORPORATE MARKETING Stephanie Connolly
CORPORATE SALES Brian Kightlinger
DIGITAL VIDEO Laura Rowley
DIRECT MEDIA Patti Follo
BRAND LICENSING Elise Contarsy
COMMUNICATIONS Patrick Taylor
HUMAN RESOURCES Dina Nathanson
STRATEGIC SOURCING, NEWSSTAND & PRODUCTION Chuck Howell

CHAIRMAN AND CHIEF EXECUTIVE OFFICER Stephen M. Lacy
PRESIDENT, MEREDITH LOCAL MEDIA GROUP Paul Karpowicz
VICE CHAIRMAN Mell Meredith Frazier
In Memoriam — E.T. Meredith III (1933–2003)



Michigan fandom starts early in our family!
—**Marissa Wolkenberg, @mwolkenberg**



My Duke vanity plate from college now serves as a little home decor.
—**Lauren Purcell, @lepurcell77**



How many brownie points do I get for going to my brother's lacrosse games?!
—**Nicole Witko, @nwitko**

See what we're up to at Every Day with Rachael Ray! *Follow us on Instagram* **@rachaelraymag** *or go to* **RachaelRayMag.com/Instagram.**

There's only one extra ingredient in Homemade.



Sugar
Butter
Milk
Vanilla Extract

Love



Buttercream Frosting

Ingredients

3 3/4 cups (1 lb. box) Domino® Confectioners Sugar
1/2 cup butter (1 stick), softened
3 to 4 tablespoons milk
1 teaspoon vanilla extract

Instructions

In a large bowl with electric mixer at low speed, combine sugar, butter, milk and vanilla. Beat at medium speed 1 to 2 minutes until creamy. If desired, add more milk until frosting is spreading consistency.

Makes enough to fill and frost a 2-layer cake, a 13x9x2-inch sheet cake or 24 cupcakes.

Join us for more frosting recipes.

dominosugar.com

Say "bye, bye" to canned frosting. With **Domino® Confectioners Sugar**, and a few more ingredients you already know how to pronounce, your homemade Buttercream Frosting will be freshly whipped up before you can find your car keys to head to the store.

Domino® Confectioners Sugar is an all-natural pure cane sugar, with 15 calories per teaspoon. Now that's **the Real Way to do Sweet.™**



Teach her the real way to make frosting.

the Real Way to do Sweet!™



© 2015 Domino Foods, Inc.

You can also find our **Buttercream Frosting** recipe on the **1 lb. Domino® Confectioners Sugar** box.

Domino Sugar is part of ASR GROUP

WE'RE *in* IT FOR THE DOUGH.

CRUST. NOT CASH.

Deliciously crispy crust.

All natural toppings.

Plus all profits to charity.

That's good no matter how you slice it.





© 2015 Newman's Own Inc.

RACH'S NOTEBOOK



THE FIRST TIME I was ever featured in *The New York Times,* it was for a story about what you would save if your home were on fire and you could take just one thing. I said the Dutch oven my mom had made all my favorite food in over the years, the flame-orange Le Creuset one I grew up with. The enamel had been chipped in many spots, but it still was home to so many of my most cherished meals: minestrone, escarole and white bean soup, my mom's cider beef, osso buco, coq au vin, beef Bourguignon and on and on.

So the *Times* sent a photographer to take pictures of me in my kitchen, holding this special pot. And when he arrived to find my tiny, dark cooking space, which didn't even have a dishwasher, he was so disappointed he asked me to stand outside (it was winter!) and hold the pot in the forest rather than in my kitchen.

Now I make my own Dutch ovens and I am just as in love with them as ever. I think of them as heirloom pots—something special you pass down from generation to generation—and I always tell new brides to register for a good one because it lasts forever and does it all. As you'll see in our "Go Dutch!" feature on page 106, you can simmer in it, fry in it—heck, you can even bake bread in it! And it's also your slow cooker. Long before slow-cookers became popular, slow-cooking meant setting your oven to low and braising food in your Dutch oven while the family was out and about. Dutch ovens deserve a big hug whether you're Dutch, Italian, whatever!

March is a festive month in our family because of my sister Maria's birthday on March 15. Every year, we get to pick what we want for our birthday meal, and I'm hoping Maria picks one of this month's 30-Minute Meals (page 90) because there are so many that really celebrate spring ingredients. If you dig asparagus, check out my Tartine with Eggs and Asparagus for brunch, lunch or dinner. Or my favorite: the easy, delicious Asparagus Risotto, made Milanese-style with fragrant saffron broth.

And there's so much more in this issue! Don't miss the amazing Ellie Krieger making Asian Chicken and Vegetables in Foil Packets with her daughter (page 45). Wouldn't it be great if the kids made *you* dinner tonight? And if you wanna just wing it, turn to page 39—we're sharing our 25 most popular chicken wings recipes ever! We're also having fun with TV kitchens: We'll take you behind the scenes of *The Good Wife, Modern Family* and two others (page 52), and help you get those looks in your own kitchen. Finally, if you can't wait to break away for spring break, check out "Hit the Food Isles" on page 66 for our list of easy-to-get-to islands where the food is as fantastic as the scenery.

So, happy birthday, Ria: I love you! And happy spring to you all!

Love,



PHOTO BY ROBERT TRACHTENBERG.

RACH'S NOTEBOOK *Burger of the Month*

Lamb Burgers with Smoked Pepperoni & Provolone

MAKES 4

Spring is nearly here, but let's face it: It's still cold out! Warm things up with a lamb-and-pepperoni patty paired with provolone, spicy greens and pepper ketchup. BY RACHAEL RAY

- 1 red bell pepper or frying pepper
- About ½ cup ketchup
- 1 tbsp. aged balsamic vinegar
- 1¼ lbs. ground lamb
- About 3 oz. smoked pepperoni (preferably Vermont Smoke and Cure brand), minced or ground in food processor
- 4 scallions, whites and greens, minced
- ¼ cup finely chopped mint
- ¼ cup finely chopped parsley
- About 2 tbsp. rosemary, finely chopped
- 2 large cloves garlic, minced
- 1 tbsp. olive oil
- 4 slices provolone (from the deli counter, not too thin)
- Arugula or baby kale leaves
- 4 kaiser or ciabatta rolls, split and toasted

▷ Roast the pepper under the broiler or over a gas flame, turning it occasionally, until charred all over. Place the pepper in a bowl, cover tightly with plastic wrap and let steam until cool, about 15 minutes. Peel, stem and seed the pepper and place it in a food processor. Add the ketchup and vinegar and puree until the sauce is smooth.

▷ In another bowl, combine the lamb, pepperoni, scallions, herbs, garlic and olive oil. Form into 4 patties (thinner in the centers for even cooking). Heat a cast-iron skillet over medium-high. Cook the patties until browned, turning once, about 8 minutes. Top with the cheese; cover and cook until the cheese melts, about 1 minute.

▷ Mound a handful of greens on each bun bottom, then top with the patties. Slather the bun tops with the roasted-pepper ketchup and place on top of the patties.



FOOD STYLING BY MICHELLE GATTON; PROP STYLING BY THOM DRIVER.

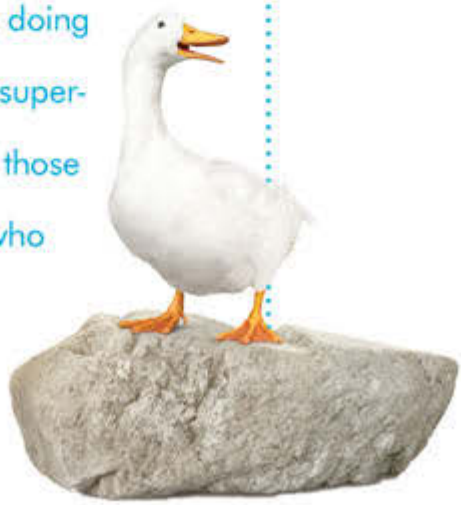
PHOTOGRAPHY BY CHARLES MASTERS

Aflac SmartClaim®

Next Day Pay

AFLAC CAN PAY YOUR CLAIM THE NEXT DAY.

Other companies' claims can take months to surface, which can leave some folks waitin' around like they're crusty, old timey prospectors. But you're no prospector who's totally desperate, with an unruly mule and a mouth untouched by modern dentistry. You're a savvy young couple who showers regularly and would never, ever want to suffer through such exasperation to the point where even your darn mule starts to think you're crazy. No, you'd rather make sure you get your claim paid quicker than swattin' a fly, by submitting it online by 3pm ET with Aflac's SmartClaim system, and getting it paid the next day.* So you can rest easy, knowing that you two can get back to doing what you love doing most. Like hiking. And hiking away, very rapidly, super-rapidly, as fast as rapidly possible, actually, from those two crusty, old timey prospectors and their mule, who is lookin' at you funnier than ever now.



Introducing Next Day Pay, only from Aflac.

Visit aflac.com to learn more.

Z141201

*For most properly documented claims. Not available on the following: Short Term Disability (excluding Accident and Sickness Riders), Life, Vision, Dental, Medicare Supplement, Long Term Care/Home Health Care and Aflac Plus Rider. Individual Company Statistic, 2014.

1/15

SXSW edition

Talk to me!

RACH'S NOTEBOOK

My eighth annual Feedback party at Austin's SXSW music and film festival is right around the corner (March 21, to be exact). More than 30 bands will be there, and I'm getting excited just thinking about how much fun we've had over the years!

I can still hear the beats from The Last Internationale show!







When he's performing with his band, The Cringe, my husband, John, enjoys a little crowd participation.

No Feedback party is complete without a selfie or two in the sunshine!



Reminiscing about great concerts puts a smile on my face. I'll never forget my first show, Peter Gabriel, which got me wondering: ***What was your first concert?*** Here's what you told us on Facebook!





"The Beach Boys! I went with my parents: I was 8 years old."
—Shannan Alvarez

JOHN'S TOP 15 FEEDBACK HITS

If you can't make it to Austin, rock out to John's playlist, featuring some amazing artists from past Feedback parties.

1. **Heart of Glass** Blondie
2. **It's Time** Imagine Dragons
3. **Finally Gonna Be on Your Own** The Cringe
4. **Stop Drop and Roll** Foxboro Hot Tubs
5. **Put the Gun Down** ZZ Ward
6. **MoneyGrabber** Fitz and the Tantrums
7. **40 Dogs (Like Romeo and Juliet)** Bob Schneider
8. **Thrift Shop** Macklemore & Ryan Lewis
9. **She Is Beautiful** Andrew W.K.
10. **I Only Want You** Eagles of Death Metal
11. **Footloose** Kenny Loggins
12. **Hey, Soul Sister** Train
13. **Sleep** Allen Stone
14. **The Ceiling** The Wild Feathers
15. **Many Rivers to Cross** Jimmy Cliff



John's band is a SXSW staple!

GET JOHN'S PLAYLIST!

Keep your toes tapping all weekend long! You can view John's entire playlist by heading over to our blog at *RachaelRayMag.com/JohnsList*.



FEEDBACK • 2015!

WHERE: Stubb's BBQ, Austin

WHEN: March 21, 2015

WHO: More than 30 bands will take the stage! For the full lineup, go to *feedback.rachaelray.com*.

HOW: Follow the fun on Instagram and Twitter **@RachaelRayMag**. We'll be posting all weekend using the hashtag **#RRFeedback**.

"Bon Jovi"
—Alissa Gurnari Williams





"New Kids on the Block"
—Leslie Green

"Aerosmith at Madison Square Garden in 1978!"
—Clydette Johnson





"John Denver"
—Denise Arneson

FEEDBACK BY THE NUMBERS

We had a lot of mouths to feed at last year's Feedback party. Check out some of the drool-worthty highlights!



6,100
IN ATTENDANCE



200
GOURDOUGH'S TWISTED TURTLE DOUGHNUTS



7,400
BALL PARK'S FINEST FRANKS



630
JENI'S SPLENDID ICE CREAM CONES

RACHAEL PORTRAIT BY JIM WRIGHT. SXSW PHOTOS BY BRIAN LAHIERE. PETER GABRIEL PHOTO BY DWD-MEDIA/ALAMY. BEACH BOYS PHOTO BY © CHRISTIE'S IMAGES/CORBIS. JOHN PORTRAIT BY TIM MOSENFELDER/GETTY IMAGES. STUBB'S PHOTO BY MERRICK ALES. BON JOVI PHOTO BY SHELLY WALL/SHUTTERSTOCK.COM. NEW KIDS ON THE BLOCK PHOTO BY VINTAGECORNER/ALAMY. AEROSMITH SHIRT PHOTO BY SHAAN KOKIN/JULIEN'S AUCTIONS/REXUSA. JOHN DENVER PHOTO BY BLANK ARCHIVES/GETTY IMAGES. FEEDBACK PHOTOS BY BRIAN LAHIERE.

This Month's

BREAKFAST & BRUNCH



Classic Skillet Hash
p. 30



Ruby Red Grapefruit Curd p. 27



Tartine with Eggs & Asparagus p. 94



Cheesy-Herb Muffins
p. 103



Berry Crumble Muffins
p. 103



Iced Cinna-Roll Muffins
p. 103



Choco-Hazelnut Muffins
p. 103



Lemon-Coconut Muffins
p. 103



Zucchini-Dill Muffins
p. 103



PB&J Muffins
p. 105



Birthday Cake Muffins
p. 105



Carrot-Cumin Muffins
p. 105



Bacon-Maple Muffins
p. 105



Fruit Punch Muffins
p. 105



Everything Muffins
p. 105

BURGERS & SAMMIES



Lamb Burgers with Smoked Pepperoni & Provolone p. 12



Spinach & Gruyère Toasties
p. 30



Spicy Tomato Toast with Provolone p. 93

SOUPS & STEWS



Sweet & Spicy Wonton Soup MM



Bean & Escarole Soup
p. 28



Super-Quick Chicken Gumbo p. 29



Lentil Soup & Whipped Feta p. 43



Cream of Spinach Soup
p. 98



Espresso Chili with Beef
p. 91



Quick Tomato Soup with Toasted Pasta p. 96



Vegetable Red Curry
p. 120

Key

- Fast (30 min. or less)
- Vegetarian
- Freezer-Friendly
- Gluten-Free

MM Makeover Meal tear-out booklet

STARTERS, SALADS & SIDES



Baked Egg Rolls
MM



Scallion Pancake
MM



Sesame-Roasted Baby Bok Choy MM



Eggplant with Garlic Sauce MM



Pineapple Caprese
p. 24



Sesame-Soy Grilled Asparagus p. 28



Cran-Nut Barley Salad
p. 33



Artichoke & Mint Dip
p. 34



Pancetta & Black Pepper Bread p. 109

Menu

YOUR MARCH 2015 RECIPE INDEX

RICE & PASTA


Singapore Noodles
MM


Bacon Carbonara
p. 30


Pasta Piccata
p. 34


Turkey Ragu with Tagliatelle p. 92


Asparagus Risotto
p. 99


Penne with Pancetta & Peas p. 95


Shells with Spinach & Mushrooms p. 97


Fusilli with Cauliflower
p. 97

MEAT & POULTRY


Cashew Chicken
MM


Grilled Sausages with Fennel Slaw p. 28


Asian Chicken & Veggies in Foil Packets p. 46


Short Ribs with Soy & Scallions p. 107


Easy Coq au Vin
p. 108


Lamb Stew with Polenta
p. 112


Cuban-Style Pork Roast
p. 113


Vietnamese Pork Chops
p. 34

SEAFOOD


Kung Pao Shrimp
MM


Salmon Noodle Bowls
p. 43


Beer-Battered Fish & Chips p. 110


Pan-Seared Salmon with Potato & Cucumber Salad
p. 43

DRINKS & DESSERTS


Ginger-Rhubarb Crisp
p. 30


Bourbon Truffles
p. 28


Mrs. Shirley Temples
p. 34

BUONGIORNO NEW YORK

THERE'S A NEW COFFEE IN TOWN

lavazza.us



SHOP NOW

Since 1895 the Lavazza family has put its heart and soul into creating the perfect balance of taste and aroma. Lavazza Classico is artfully blended, rich in body and filled with Italian Passion in every cup.

KEURIG

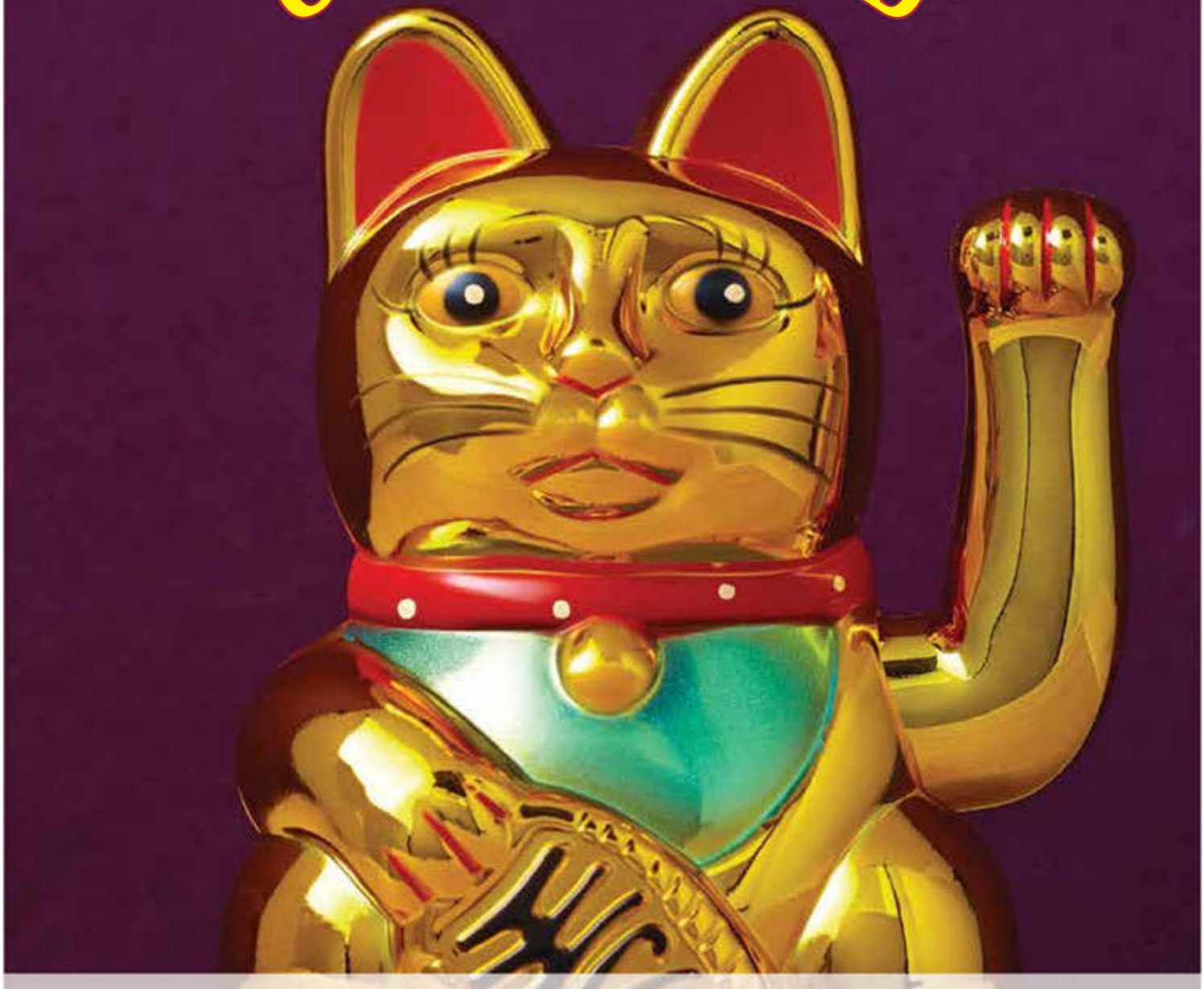
Now available in K-Cup® packs. Enjoy.

*FOR KEURIG® K-CUP® BREWING SYSTEMS.

LAVAZZA
ITALY'S FAVORITE COFFEE

MAKEOVER MEAL

LIGHTENED-UP CHINESE FOOD



Boost your good fortune with these healthy takes on the classics. Pass the egg rolls!

BY KATIE CAVUTO, RD | PHOTOGRAPHY BY PETER ARDITO

BEFORE	AFTER
640 calories	265 calories
25 g fat	8 g fat

Cashew Chicken

SERVES 4 ***PREP*** 20 MIN ***COOK*** 10 MIN

- ¾ lb. boneless, skinless chicken breast, sliced into strips
- 2 tbsp. rice wine vinegar
- 1 tbsp. low-sodium soy sauce
- 1 tbsp. cornstarch
- 1 tbsp. hoisin sauce
- 2 tsp. grated fresh ginger
- 2 tsp. sesame oil
- 1 cup diced onion
- 1 red or green bell pepper, sliced
- 4 cups vegetables, such as green beans, sliced mushrooms and chopped broccoli
- 2 tbsp. chopped cashews
- ¼ cup sliced scallions

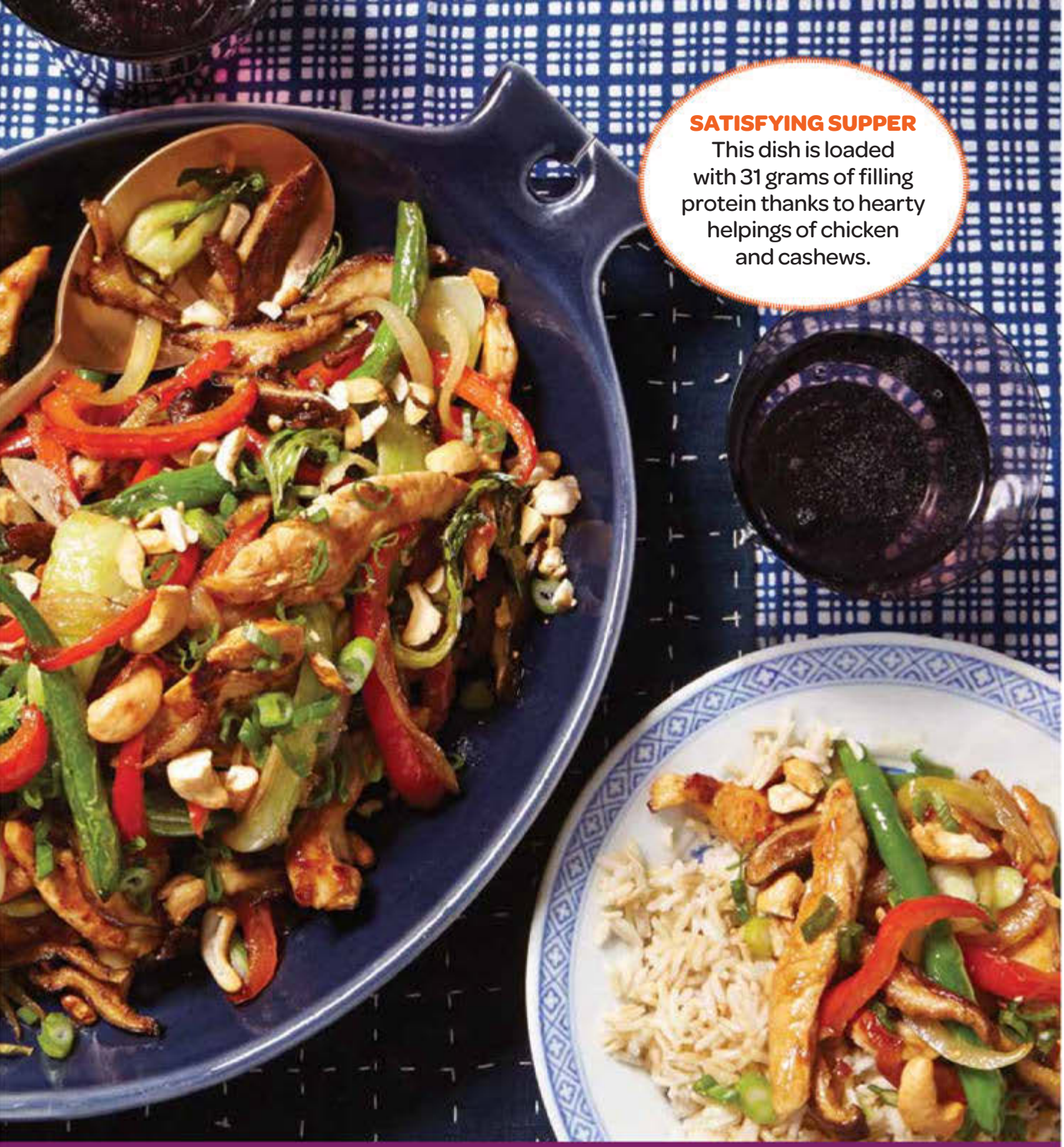
1. In a medium bowl, toss the chicken with 1 tbsp. rice wine vinegar, the soy sauce and cornstarch. In a small bowl, mix the hoisin, ginger, 1 tbsp. rice wine vinegar and 2 tbsp. water.

2. In a large skillet, heat the sesame oil over medium-high. Add the onion and pepper; stir-fry 2 minutes. Add the chicken; stir-fry 2 to 3 minutes. Add the vegetables and sauce; stir-fry until the chicken is cooked through, 2 to 4 minutes. Top with nuts and scallions.



The skinny on soy sauces

This staple is made from fermented soy beans and a variety of grains. The most popular picks have subtle flavor differences but sodium content varies widely (aim for no more than 2,300 mg sodium a day). Here's the breakdown.



SATISFYING SUPPER
This dish is loaded with 31 grams of filling protein thanks to hearty helpings of chicken and cashews.

Soy sauce
A mixture of soy, wheat and water, it's dark, oaky and the saltiest of the bunch, so use sparingly. (11 cal., 1,228 mg sodium per tbsp.)

Light or low-sodium soy sauce
This milder version starts out as traditional soy sauce, but about half the sodium is removed after brewing. (8 cal., 511 mg sodium per tbsp.)

Tamari
This sweetish sauce is a by-product of miso production. Most brands are gluten-free, but check the label to make sure. (11 cal., 1,005 mg sodium per tbsp.)

Shoyu
Also made from a mix of soy and wheat, this extra-fermented pick has a deeper, more intense flavor than soy sauce. (8 cal., 879 mg sodium per tbsp.)



Know your noodles

See how the nutrition in the most common Asian noodles—all with less than 1 gram of fat per ounce—stacks (or slurps) up.

Udon

Thick, chewy and mildly flavored, these wheat noodles are packed with healthy doses of both protein and fiber. (90 cal. per oz.)

Cellophane

Also known as mung bean or glass noodles, these transparent noodles, which show up in salads and some egg roll fillings, are made of bean and potato starches. (95 cal. per oz.)



SMOOTH MOVE
Reducing the soy sauce in this dish slashes 88 percent of its usual sodium. An amped-up addition of curry and lime help pack in the flavor.

BEFORE	AFTER
920 calories	304 calories
21 g fat	10 g fat

Singapore Noodles

SERVES 4 ***PREP*** 20 MIN ***COOK*** 10 MIN

- ¾ lb. boneless pork loin, thinly sliced
- 1 tbsp. curry powder
- 1 tbsp. soy sauce
- 1 tbsp. vegetable oil
- 1 small onion, sliced
- 1 green bell pepper, sliced
- 1 cup julienned carrot
- 1 egg, beaten
- 4 oz. dried rice vermicelli noodles, soaked in hot water until soft
- ¼ cup sliced scallions, for garnish
- Lime wedges, for garnish

1. In a bowl, toss the pork with ½ tbsp. curry powder and ½ tbsp. soy sauce. In another bowl, mix the remaining curry powder, soy sauce and 2 tbsp. water.
2. In a large skillet, heat the oil over medium-high. Add the onion, pepper and carrot; stir-fry until soft, about 2 minutes. Add the pork; stir-fry until almost cooked through, 3 to 4 minutes.
3. Push the pork mixture to the sides of the skillet. Add the egg to the center of the skillet; do not stir for 30 seconds, then mix into the pork.
4. Add the noodles and the curry mixture. Stir-fry until the pork is cooked through, 2 to 3 minutes. Top with scallions and lime.

Rice noodles

Used in stir-fries, salads and soups (and the dish above), these gluten-free rice-based noodles are available in many cuts. (100 cal. per oz.)

Soba

Made with buckwheat flour, these nutty, earthy noodles are rich in fiber and naturally gluten-free. (100 cal. per oz.)

Kung Pao Shrimp

SERVES 4 ***PREP*** 20 MIN ***COOK*** 10 MIN

- 1 lb. medium shrimp, peeled and deveined
- 1 tsp. Chinese five-spice powder
- 1 tsp. cornstarch
- 2 tbsp. oyster sauce
- 1 tbsp. rice wine vinegar
- 2 tsp. sesame chili oil
- 1 small onion, sliced
- 1 red or yellow bell pepper, sliced
- 2 tsp. grated fresh ginger
- 2 cups snow peas, trimmed
- 2 tbsp. chopped peanuts

1. In a small bowl, toss the shrimp with the five-spice powder and cornstarch. In another small bowl, mix the oyster sauce, rice wine vinegar and 2 tbsp. water.

2. In a large skillet, heat the sesame chili oil over medium-high. Add the onion, pepper, ginger and 1 tbsp. water, and stir-fry until vegetables soften, 2 to 3 minutes. Add the shrimp and cook 2 minutes. Add the snow peas and sauce. Cook until the shrimp are opaque in the center and the sauce thickens, 2 to 3 minutes. Garnish with the peanuts.



BY THE NUMBERS
Shrimp is an excellent low-cal source of protein; each medium shrimp clocks in at around 6 calories.

BEFORE	AFTER
780 calories	211 calories
51 g fat	6 g fat



Rice with that? Yes!

Choose brown rice over white. It's far better for you because it still contains the nutrient-rich bran that is milled away in white rice. To get great grains every time, follow this foolproof recipe.

Add 1 cup rinsed brown rice to 8 cups boiling water. Cook 30 minutes. Drain; return to the pot. Cover; let steam off heat 10 minutes. Makes about 3 cups.

Starters

Sweet & Spicy Wonton Soup

149 calories | 3 g fat

4 cups chicken stock • 1 tsp. chili-garlic sauce • ⅛ lb. ground turkey • ½ tsp. grated fresh ginger • 1 tsp. toasted sesame oil • 4 tbsp. sliced scallions • 8 wonton wrappers ➔ In a medium saucepan, bring stock and chili-garlic sauce to a simmer over medium. In a small bowl, mix turkey, ginger, ½ tsp. sesame oil and 1 tbsp. scallions. Divide among wonton wrappers; fold according to package directions. Add to stock; simmer until turkey is cooked through, about 5 minutes. Garnish with remaining 3 tbsp. scallions; drizzle with remaining ½ tsp. oil. Serves 4.

Scallion Pancake

98 calories | 1 g fat

½ cup flour • ¼ cup whole-wheat pastry flour • 1 tsp. toasted sesame oil • ½ cup sliced scallions • cooking spray • soy sauce, for dipping ➔ In a medium bowl, whisk flours, ½ tsp. sesame oil and ⅓ cup boiling water. Knead on a work surface until ball forms, 4 to 5 turns. Cover; let rest 20 minutes. On a floured surface, roll out to ¼-inch-thick round. Brush with ½ tsp. sesame oil; top with scallions. Roll up; cut crosswise into 4 pieces. Roll each to ¼ inch. Coat pancakes with spray; cook in a large nonstick skillet over medium-high until golden, 3 minutes per side; slice. Serve with soy sauce. Serves 4.

Baked Egg Rolls

136 calories | 3 g fat

2 cups broccoli slaw • ½ red bell pepper, thinly sliced • 2 tsp. finely grated fresh ginger • 2 tsp. toasted sesame oil • 4 egg roll wrappers • cooking spray ➔ Preheat oven to 375°. In a large nonstick skillet, stir-fry slaw, pepper, ginger and oil with 2 tbsp. water until crisp-tender, 2 to 3 minutes; season. Coat wrappers and a baking sheet with spray. Divide filling among wrappers; roll up according to package instructions. Place, seam side down, on sheet; coat tops with spray. Bake until golden, 25 to 30 minutes. Serves 4.



Ground turkey offers a leaner alternative to traditional pork wontons.

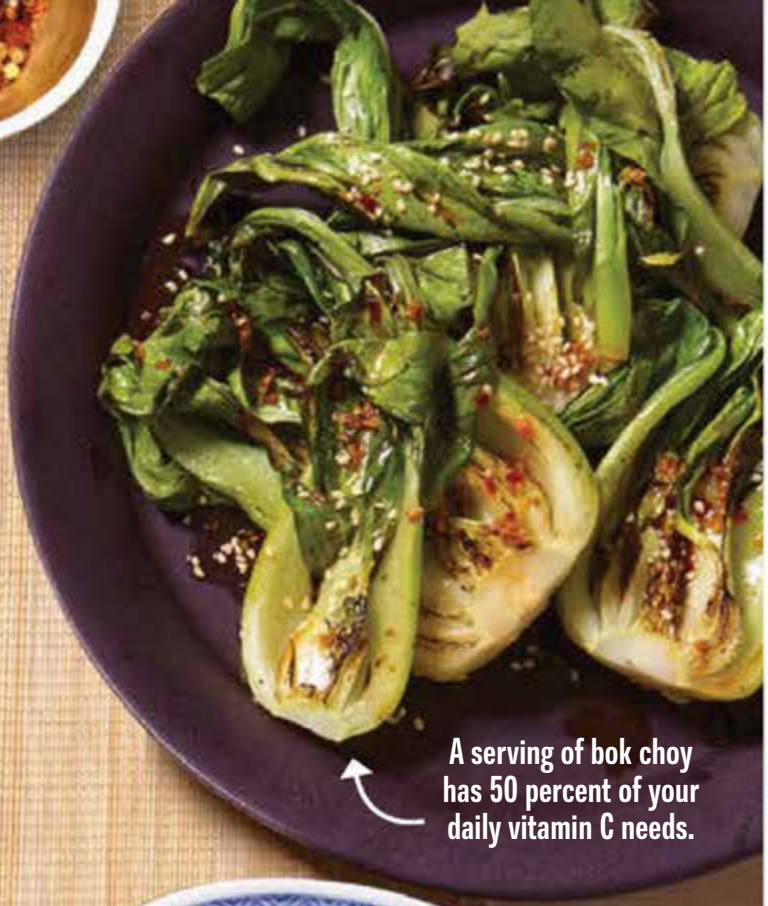

Whole-wheat pastry flour gives the pancakes 2 grams of fiber per serving.
No fryer needed! Cooking spray helps these crisp up in the oven.

Sides

Sesame-Roasted Baby Bok Choy

2 tbsp. light soy sauce • ½ tbsp. finely grated fresh ginger • 1 tsp. toasted sesame oil • ¼ tsp. crushed red pepper (optional) • 1 lb. baby bok choy, halved lengthwise • cooking spray • 1 tsp. sesame seeds ➔ Preheat broiler. In a bowl, whisk first 4 ingredients. Add bok choy; toss to coat. Arrange bok choy, cut side up, on a rimmed baking sheet (reserve remaining dressing). Spray bok choy with cooking spray. Broil until charred in spots, 8 to 10 minutes. Arrange on a plate, drizzle with remaining dressing and sprinkle with sesame seeds. Serves 4.

25 calories | **1 g** fat

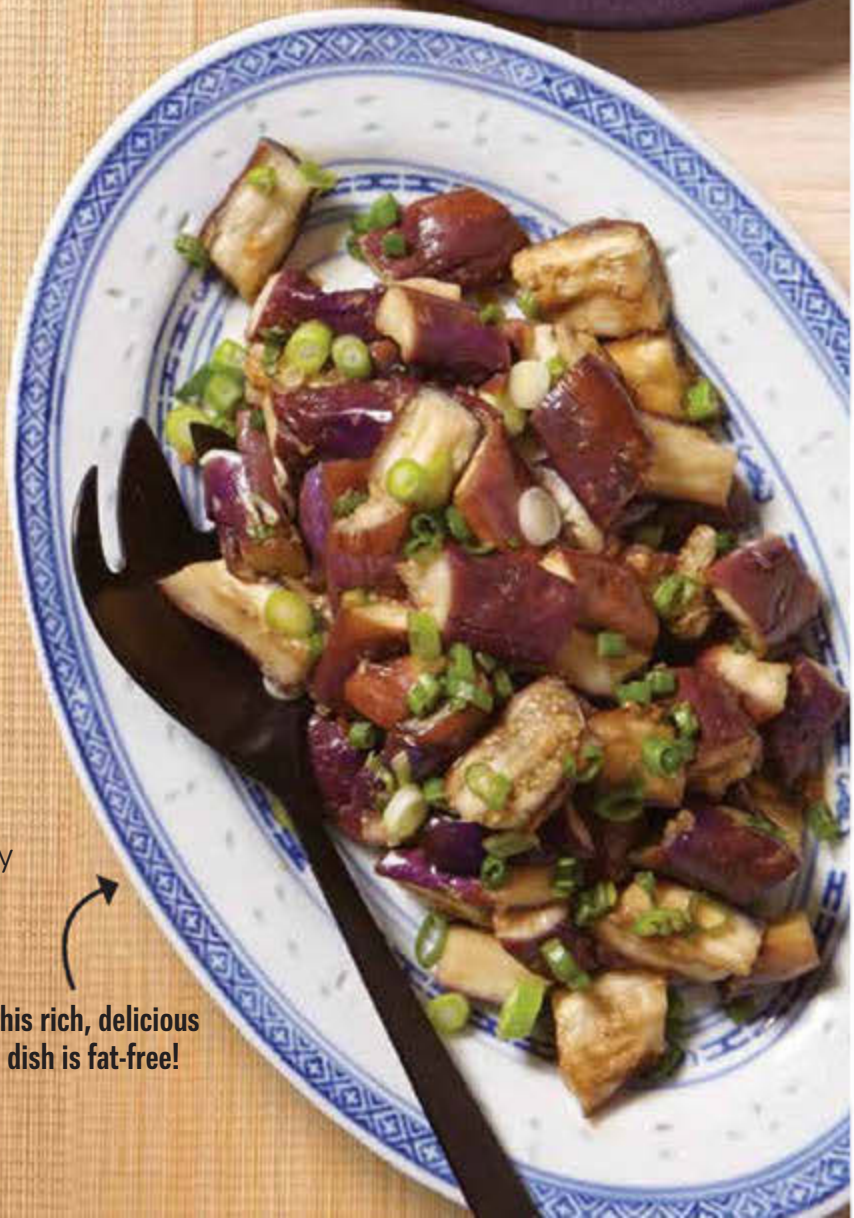


A serving of bok choy has 50 percent of your daily vitamin C needs.

Eggplant with Garlic Sauce

1 lb. Japanese eggplant (about 4), quartered, then cut crosswise into 1½-inch pieces • 1 tbsp. hoisin sauce • 2 cloves garlic, grated • 1 tsp. grated fresh ginger • ¼ cup sliced scallions ➔ In a large pot fitted with a steamer basket, bring 1 inch of water to a boil. Add eggplant, cover and reduce heat to medium. Steam eggplant until tender, about 10 minutes. In a bowl, whisk hoisin, garlic, ginger and 1 tbsp. water. Add eggplant to bowl and gently toss to coat. Transfer to a plate and garnish with scallions. Serves 4.

41 calories | **0 g** fat



This rich, delicious dish is fat-free!

CHINESE MENU DO'S AND DON'TS

Craving takeout? Use this handy cheat sheet to order smarter.

STARTERS

BUYER BEWARE

Crispy bites, including egg rolls and dumplings—anything that hits the fryer and all its fatty oil—are always worse for you than their steamed counterparts.

BEST BET

Steamed shrimp dumplings are a great pick, with each weighing in at around 40 calories. Summer rolls (just 100 calories each) are packed with good-for-you veggies.

SOUPS

BUYER BEWARE

Soups are typically a smart choice, but steer clear (or at least limit yourself) when it comes to the crispy noodles that often accompany them. They have more than 200 calories per cup.

BEST BET

All the classic soups—wonton, hot and sour, and egg drop—are around 100 calories each. Wonton gets extra points for having the lowest amount of sodium, at 800 milligrams per serving.

MAINS

BUYER BEWARE

Dishes that are fried then sauced are double no-nos. One plate of General Tso's chicken can have 1,300 calories. An order of crispy orange beef has a whopping 1,500 calories.

BEST BET

Low-calorie seafood is usually a wise choice (as long as it's not fried). Even a seemingly decadent dish like shrimp with lobster sauce only has about 450 calories per serving.

SIDES

BUYER BEWARE

Avoid oil-packed lo mein and fried rice. Each one-cup serving has 165 calories—as many calories as a small bag of potato chips.

BEST BET

Order a side of steamed veggies to round out any meal and help fill you up. Top with duck sauce for just 40 calories per tablespoon.

EveryDay
with Rachael Ray

Still hungry?

Check out more great Makeover Meals at **RachaelRayMag.com/homemade-takeout-recipes**.



FOOD STYLING BY JAMIE KIMM; PROP STYLING BY MEGAN HEDGPETH.



Bring the Mediterranean diet home and it may help you achieve some of your health goals—and still leave you satisfied. The basic premise is pretty simple: Lots of vegetables and fish. Not so much meat and dairy. Eat good fats and grains. Visit **publix.com/firststep** for tips on how to make it work for you.

"Mediterranean Diet" used courtesy of http://oldwayspt.org/programs/mediterranean-foods-alliance/what-mediterranean-diet

Publix.

WHERE SHOPPING IS A PLEASURE®

What's going on... @RachaelRayMag!

Recipes in action!

WE LOVE IT WHEN

you show off the dishes you've made from the magazine. When you post your cooking triumphs from this issue, tag your photos with ***#RRMagFan****. They could be featured on this page!*



happylaney Got my new Rachael Ray magazine yesterday and made these Eggs with Basil Soldiers.



michaelaraephoto Truly what life is all about... Health, happiness & s'more brownies.



lazygirlvegan Yay, so glad to see a vegan section in the November issue of Every Day with Rachael Ray!

PINNER, PINNER, DUTCH OVEN DINNER!

We're getting down with Dutch ovens all month long! Head over to **pinterest.com/RachaelRayMag** and check out our board dedicated to delicious recipes for one of our favorite cooking vessels.



Soul-satisfying recipes are just a pin away!

CHECK OUT OUR WEEKNIGHT MEAL PLANNER MENUS!

Each week we feature five delicious dinners on our blog that make weeknight cooking a breeze. Visit **RachaelRayMag.com/mealplanner** to get these fun sandwich suppers and tons more time-saving recipes.



MON Grilled Eggplant Sandwiches



TUES Chicken & Broccoli Stromboli



WED Salad Sandwiches with Bacon



THUR Cheddar Waffle BLTs



FRI Seven-Layer Burritos

STAY IN TOUCH! RachaelRayMag.com facebook.com/RachaelRayMag @RachaelRayMag @RachaelRayMag pinterest.com/RachaelRayMag

DUTCH OVENS: PHOTOGRAPHY BY RYAN LIEBE. EGGPLANT SANDWICHES: JOHN KERNICK; CHICKEN & BROCCOLI STROMBOLI: CON POULOS; SALAD SANDWICHES WITH BACON: SANG AN; CHEDDAR WAFFLE BLTS: JOHN KERNICK; SEVEN-LAYER BURRITOS: JOHN KERNICK.

New! Sara Lee Snacks

SNACK TIME JUST GOT HAPPIER.





Introducing Sara Lee Snack Cakes. A variety of individually wrapped, delicious snacks that will make any kid's day. They're everything you love about Sara Lee, now baked fresh to go.

HAPPY SNACKING.™

Find us in the fresh snack aisle.

Like Sara Lee Snacks on Facebook

© Bimbo Bakeries USA, Inc. All rights reserved.
SARA LEE is a registered trademark of Sara Lee™ Holdings LLC used under license.



GRAB A SEAT
and
Let's
DIG IN

The best dinners are the ones with lively conversation. Different perspectives make the meal better and more interesting. We approach agriculture the same way. Because growing enough food for a growing world, and doing it in a sustainable way, requires a wide range of ideas and resources. That's why we partner with farmers, nonprofits, and many others. It's time for a bigger discussion about food.

Be part of the conversation at **Discover.Monsanto.com**

MONSANTO

Monsanto and Vine Design® is a registered trademark of Monsanto Technology LLC © 2014 Monsanto Company.

DIG A *Little* DEEPER

The Buzz on Honey Bees

VOL.1 SUSTAINABILITY

Did you know honey bees help pollinate some of our most nutritious foods, such as fruits, nuts and the seeds of vegetables? Yet in recent years there's been growing concern that honey bee health is declining worldwide. Experts from bee keeper organizations, nonprofits, agricultural organizations, government agencies and others are working together to find solutions. Because without honey bees, farmers can't grow the food needed for a growing population.

What you can do to help keep honey bees buzzing and thriving

1 Since honey bees get their nourishment from nectar and pollen, you can help keep them well-fed by planting a diverse variety of flowers and plants in your own garden. Choose foliage that is native to your region, and – if possible – blooms all year.


Lavender


Thyme


Sunflowers


Marigolds


Goldenrod



2 Provide honey bees a clean, year-round source of water. It might be a rainwater collection system or small-scale garden water feature. Shallow water sources can provide enough hydration to give honey bees plenty to drink.

3 Support any sort of natural habitat conservation measures, such as land trusts and plantings on highway easements. They'll help keep the plants thriving – and honey bees buzzing!

Food for thought:



Beehives typically house

10,000 to 100,000

honey bees. Amazingly, it's one Queen Honey Bee who oversees everything! Worker Honey Bees do the pollinating, honey making, and keeping the hive clean and productive.

Honey bees pollinate an estimated

33%

of crops.



Butterflies, hummingbirds and moths are also among the list of pollinators. Honey bees account for about

80%

of all pollination.

Look for more topics in future issues. Be part of the conversation at **Discover.Monsanto.com**

MONSANTO

PASTA WITH PROTEIN POWER



Barilla ProteinPLUS™ is ready to fuel the whole family. With 17g of protein* from all-natural vegetarian ingredients, Barilla ProteinPLUS™ is the delicious, wholesome pasta that pumps them up.

For recipe inspiration and more, follow us on Pinterest.com/BarillaUS

*Per 3.5 oz portion. Contains 200mg of ALA per 56g serving, which is 15% of the daily value for ALA (1.3g).

IN SEASON



GET FRESH WITH...

pineapple

Canada Five-0?

The Hawaiian pizza, with its pineapple and ham topping, has no ties to the 50th state—or any state, for that matter. The pie was first sliced up in 1962 at the Satellite restaurant in Ontario, Canada.

Turn the page for more juicy pineapple tidbits!

FOOD STYLING BY MICHELLE GATTON.

BY JANE DANIELS LEAR | PHOTOGRAPHY BY PLAMEN PETKOV

mellow YELLOW

Pineapples are at their sweetest, juiciest and most fragrant in early spring. Use these tips to enjoy them at their very best.

1 PICK & CHOOSE Unlike a lot of fruit, pineapples should feel firm when ripe. But the surest way to gauge readiness is scent. A ripe pineapple should smell floral and sweet, not fermented, which means it's past its prime.

2 STORE THEM RIGHT Whole ripe pineapples will keep up to three days on the counter or five days in the fridge. Cut pineapple will last for around four days in an airtight container in the refrigerator and up to six months in the freezer.

3 KEEP THE GOOD PARTS The sweetest flesh on a pineapple is closest to the rind, so preserve as much of that as possible when cutting the fruit. Slice off the ends and remove the rind in strips, following the contours of the fruit. Slice the flesh away from the hard core.



BERRY NICE!

A pineapple may look like a single fruit but each scaly bump is actually an individual berry.

WIGGLE ROOM



Ever wonder why a packet of **Jell-O has a warning about mixing in raw pineapple**? The fruit contains an enzyme called bromelain, which prevents proteins (like gelatin) from setting up. The fix? Use the canned stuff. It's heated during processing, which deactivates the pesky enzyme.

Go for the gold

Have fun with pineapple in these sweet, savory and boozy creations.



PINEAPPLE CAPRESE
Layer pineapple slices with fresh mozzarella slices and fresh basil leaves. Puree olive oil with basil leaves and salt. Drizzle the basil oil over the salad; season.

DOWN UNDER BURGER
On a toasted burger bun, layer a cooked burger with a slice of pickled beet, a grilled pineapple ring and a sunny-side up egg.

FRUITY PORK SKEWERS
Thread small chunks of pork tenderloin and pineapple on water-soaked bamboo skewers. Brush with hoisin sauce; grill the skewers until the meat is cooked through.

GRILLED PINEAPPLE SUNDAE
Broil thick-cut pineapple rings until they brown in spots. Serve each ring with vanilla ice cream and rum-spiked whipped cream.

PIÑA COLADA SLUSHIE
In a blender, puree cut fresh pineapple, coconut milk, ice and rum. Top with a maraschino cherry.

MELLOW YELLOW PINEAPPLE PHOTO BY PLAMEN PETKOV; FOOD STYLING BY VICTORIA GRANOF. RASPBERRY, PINEAPPLE, AND JELLO MOLD: ISTOCKPHOTO.COM. PINEAPPLE CAPRESE SALAD PHOTO BY PETER ARDITO; FOOD STYLING BY JAMIE KIMM.

advertisement

Get the goods

events • promotions • contests & more

Take a peek at some of our every day favorites. We think you'll like them too!

Find more at promo.rachaelraymag.com

Yum-o!

Launched in 2006, Rachael Ray's nonprofit organization empowers kids and their families to develop healthy relationships with food and cooking. By providing the tools to create easy, affordable and delicious meals, Yum-o! is changing the way America eats.
For more information visit Yum-o.org.



Add a fresh, authentic taste with Classico Four Cheese Sauce

Fresh Ricotta, Provolone, and aged Parmesan and Romano cheeses add a wonderful richness to this red-ripened tomato sauce.
Visit classico.com



Get *Every Day with Rachael Ray* on your iPad!

Attention magazine subscribers…add the iPad edition to your subscription and get everything you love about the print edition; plus, always have the current issue with you and convenient access to back issues—wherever you go. Special Savings for print subscribers—visit rachaelraymag.com/digitalnow.

Join the Every Day People Panel Today

Every day people have a lot to say and we want to hear from you. Join now and you will share your opinions through occasional surveys and sample products before they're available in stores.
Visit rachaelraymag.com/peoplepanel

- follow us -

facebook.com/RachaelRaymag twitter.com/RachaelRaymag instagram.com/RachaelRaymag pinterest.com/RachaelRaymag

© 2014 Kraft Foods

Oscar Mayer



Give Thanks on a Tuesday.



Slow Roasted and Carved Thick. *Oscar Mayer Carving Board* gives you all the taste of Thanksgiving any day of the year.

It's Holiday, Any Day Food. It's *Oscar Mayer.*



YUM! 15 FAST IDEAS

Stack 'em high!
Layer pancakes with curd, then cut into wedges and serve like a cake!

1 Ruby Red Grapefruit Curd

¾ cup juice and 1 tbsp. zest from 1 ruby red grapefruit • ½ cup sugar • 3 egg yolks • 2 tbsp. cornstarch • 4 tbsp. butter, diced ➔ In saucepan, whisk juice, zest, sugar, yolks, cornstarch and ½ cup water over medium until thickened, about 5 minutes. Boil, whisking, 1 minute. Off heat, whisk in butter. Strain through sieve; cool. Serve with pancakes, biscuits or other baked goods. Makes 1½ cups.

FOOD STYLING BY MAGGIE RUGGIERO; PROP STYLING BY PAIGE HICKS.

RECIPES BY ROCHELLE PALERMO
PHOTOGRAPHY BY KATE MATHIS

2 Sesame-Soy Grilled Asparagus

1 bunch asparagus, trimmed • 1 tbsp. soy sauce • 1 tsp. toasted sesame oil • 1 tsp. grated peeled fresh ginger • 1 scallion, sliced • 1 tsp. toasted sesame seeds ➔ Preheat grill or grill pan to high. In dish, toss asparagus with soy sauce, oil and ginger. Grill, turning, until slightly charred, 8 minutes. Garnish with scallions and sesame seeds. Serves 4.

Make it a double

The gingery soy sauce is also a great salad dressing and marinade. So make more for another meal!



3 Bean & Escarole Soup

4 oz. pancetta, chopped • 1 tbsp. olive oil • 1 onion, sliced • 1 tbsp. chopped sage • 6 cups chicken stock • 1 head escarole, chopped • 1 can (15 oz.) white beans, rinsed • grated Parmesan ➔ In pot, crisp pancetta in oil over medium-high; transfer to plate. Cook onion and sage 2 minutes. Add next 3 ingredients; simmer 10 minutes. Add pancetta and cheese. Serves 4.



Souper supper

4 Grilled Sausages with Fennel Slaw

1 small fennel bulb, thinly sliced or shaved • ½ small white onion, thinly sliced • 3 tbsp. fresh lemon juice • 2 tbsp. capers • 1 tbsp. olive oil • 1 tsp. lemon zest • Dijon mustard • 4 French rolls, toasted • 4 Italian sausages, grilled ➔ In bowl, toss first 6 ingredients; season. Spread mustard on rolls. Add sausages, then top with slaw. Makes 4.



Haute dogs!

5 Bourbon Truffles

⅔ cup cream • 4 oz. dark chocolate, chopped • 1½ tbsp. bourbon • cocoa powder ➔ In saucepan, heat cream until warm. Off heat, whisk in chocolate and bourbon. Pour onto rimmed baking sheet; freeze 15 minutes. Dip round teaspoon into hot water; dry it off. Scoop up balls and place onto a baking sheet. Freeze 10 minutes. Roll truffles until smooth; coat in cocoa. Makes 15.



Quick candy



6 Super-Quick Chicken Gumbo

3 ribs celery, sliced • 1 green bell pepper, chopped • 1 scallion, sliced • 2 tbsp. butter • 2 tbsp. Cajun seasoning • 1 tbsp. flour • 1 rotisserie chicken, meat shredded • 4 cups chicken stock • cooked rice → In pot, cook first 6 ingredients over medium until vegetables just start to soften, 4 minutes. Add shredded chicken and stock and simmer 10 minutes; season. Serve with rice. Serves 4.

Flip cup

Pack rice in a tea cup then unmold it in your bowl for a neat presentation.



7 Spinach, Leek & Gruyère Toasties

1 leek, white and pale-green parts, sliced • 6 tbsp. butter • 5 oz. fresh spinach • 8 slices bread • 8 eggs, scrambled • 1 cup grated Gruyère ➔ In skillet, cook leek in 2 tbsp. butter over medium-high until softened, 5 minutes. Add spinach; cook to wilt, 2 minutes. Season. Divide among 4 bread slices. Top with eggs, cheese and remaining bread. Cook over medium in remaining butter, turning once, until cheese melts and bread is golden. Makes 4.

Helping hands
Serve toasties in wax-lined paper bags for mess-free eating.

8 Classic Skillet Hash

2 lbs. potatoes, cubed • 1 onion, chopped • 4 tbsp. butter • 1 red bell pepper, chopped • 8 eggs • chopped parsley ➔ In skillet over medium, cook potatoes and onion in butter, covered, 7 minutes. Add bell pepper. Season, cover, and cook 3 minutes. Uncover; cook over medium-high until tender, 8 minutes. Add eggs, cover and cook 3 minutes. Top with parsley. Serves 4.



Pan pick

9 Ginger-Rhubarb Crisp

½ cup flour • ⅓ cup rolled oats • 1 cup (packed) brown sugar • 6 tbsp. butter, diced • 5 cups ¼-inch slices rhubarb • 2 tbsp. chopped crystallized ginger ➔ In bowl, mix flour, oats and ⅓ cup sugar. Using fingertips, rub in 4 tbsp. butter. In 8-inch baking dish, toss rhubarb with remaining ingredients. Sprinkle with oat mixture. Bake at 400° until golden, 25 minutes. Serves 6.



Oat-standing dessert

10 Bacon Carbonara

3 cloves garlic, minced • 5 slices bacon, cooked and crumbled, 2 tbsp. drippings reserved • 1 lb. spaghetti, cooked, ½ cup water reserved • 4 eggs, beaten • 2 tbsp. cream • ½ cup chopped parsley • 1¼ cup grated Parmesan ➔ In skillet, cook garlic in drippings over medium, 1 minute. Off heat, toss with remaining ingredients until creamy sauce forms. Serves 4.



Better with bacon

CLASSIC SKILLET HASH: RECIPE BY DIANE MORGAN; PHOTOGRAPHY BY HALLIE BURTON; FOOD STYLING BY TONI BROGAN; PROP STYLING BY MICHELLE WONG.
BACON CARBONARA: RECIPE BY ADEENA SUSSMAN; PHOTOGRAPHY BY CHRISTINA HOLMES; FOOD STYLING BY SIMON ANDREWS; PROP STYLING BY SARAH SMART.

© H.J. Heinz Company, L.P. 2015. All rights reserved.



Not all Alfredos are created equal.

We start with fresh cream and butter, then add fresh Ricotta.
Next, we blend in aged Parmesan, Romano and Asiago cheeses.
All for a clearly authentic Alfredo.

For recipe ideas, visit classico.com



Many ways to share your flair.

Town House® gives you a trendy and tasty variety of crackers sure to add a touch of "wow" to your casual get-togethers.



The Art of Entertaining™

®, TM, © 2015 Kellogg NA Co.

11 **Cran-Nut Barley Salad**

3 tbsp. olive oil • 2 tbsp. fresh orange juice • 2 tbsp. fresh lemon juice • ½ tbsp. orange zest • ½ tbsp. lemon zest • 2 cups cooked barley • 2 cups parsley leaves • 1 cup walnuts, toasted and chopped • ⅓ cup dried cranberries, chopped • 4 large scallions, thinly sliced ➔ In bowl, whisk oil, juices and zests. Toss with remaining ingredients; season. Serves 4.



Make it meaty!
Top this salad with grilled or rotisserie chicken for a heartier meal.

TOWN HOUSE

Try New Italian Cheese & Herb Pita



The Art of Entertaining™

®, TM, © 2015 Kellogg NA Co.

12 Mrs. Shirley Temple

2 cups crushed ice • 1 cup grenadine • ⅔ cup vodka • ¼ cup fresh lemon juice • ½ cup club soda • 6 maraschino cherries • 2 lemon slices ➔ Divide ice between 2 tall glasses. In cocktail shaker, shake grenadine, vodka and juice. Pour into glasses; top with soda. Garnish with cherries and lemon slices. Makes 2.



Fancy finish! Splurge on all-natural Luxardo cherries, the original maraschinos, for a top-shelf drink.

13 Pasta Piccata

2 cloves garlic, chopped • 6 tbsp. butter • ¾ cup chicken stock • ⅓ cup capers • 3 tbsp. fresh lemon juice • 1 tsp. lemon zest • 1 lb. peeled, deveined shrimp • 10 oz. linguine, cooked • ¼ cup chopped parsley ➔ In skillet, cook garlic in butter over medium, 2 minutes. Stir in next 4 ingredients; simmer 2 minutes. Add shrimp; cook 4 minutes. Toss with pasta and parsley. Serves 4.



15-minute dinner

14 Artichoke & Mint Dip

2 large artichokes • 1 cup Greek yogurt • 3 tbsp. minced shallot • 2 tbsp. chopped mint • 1½ tbsp. lemon zest • olive oil ➔ Cut off bottom stem and top third from artichokes. Trim tips off leaves. Boil artichokes in salted water until tender, 25 minutes; drain. In bowl, mix next 4 ingredients. Season and drizzle with oil. Serve dip with warm or cold artichokes. Serves 4.



Easy app

15 Vietnamese Pork Chops

3 tbsp. fish sauce • 3 tbsp. fresh lime juice • 1½ tsp. sugar • 1 tsp. crushed red pepper • 4 bone-in pork chops (each 1 inch thick) • 1 tbsp. coconut oil • ¾ cup each basil, cilantro and mint ➔ Preheat grill or grill pan to high. In bowl, mix first 4 ingredients. Rub pork with oil and 2 tbsp. sauce. Grill until cooked through, turning once, 8 minutes. Top with remaining sauce and herbs. Serves 4.



SECRET INGREDIENT: FISH SAUCE SEE P. 117

Top chop

SWEETNESS RUNS IN THE FAMILY





Meet the In The Raw® sweeteners, a robust product portfolio from a family business rooted in Brooklyn. With options that range from indulgent to mindful, finding just the right sweet for everyone in your family is as easy as discovering ours. Enjoy!

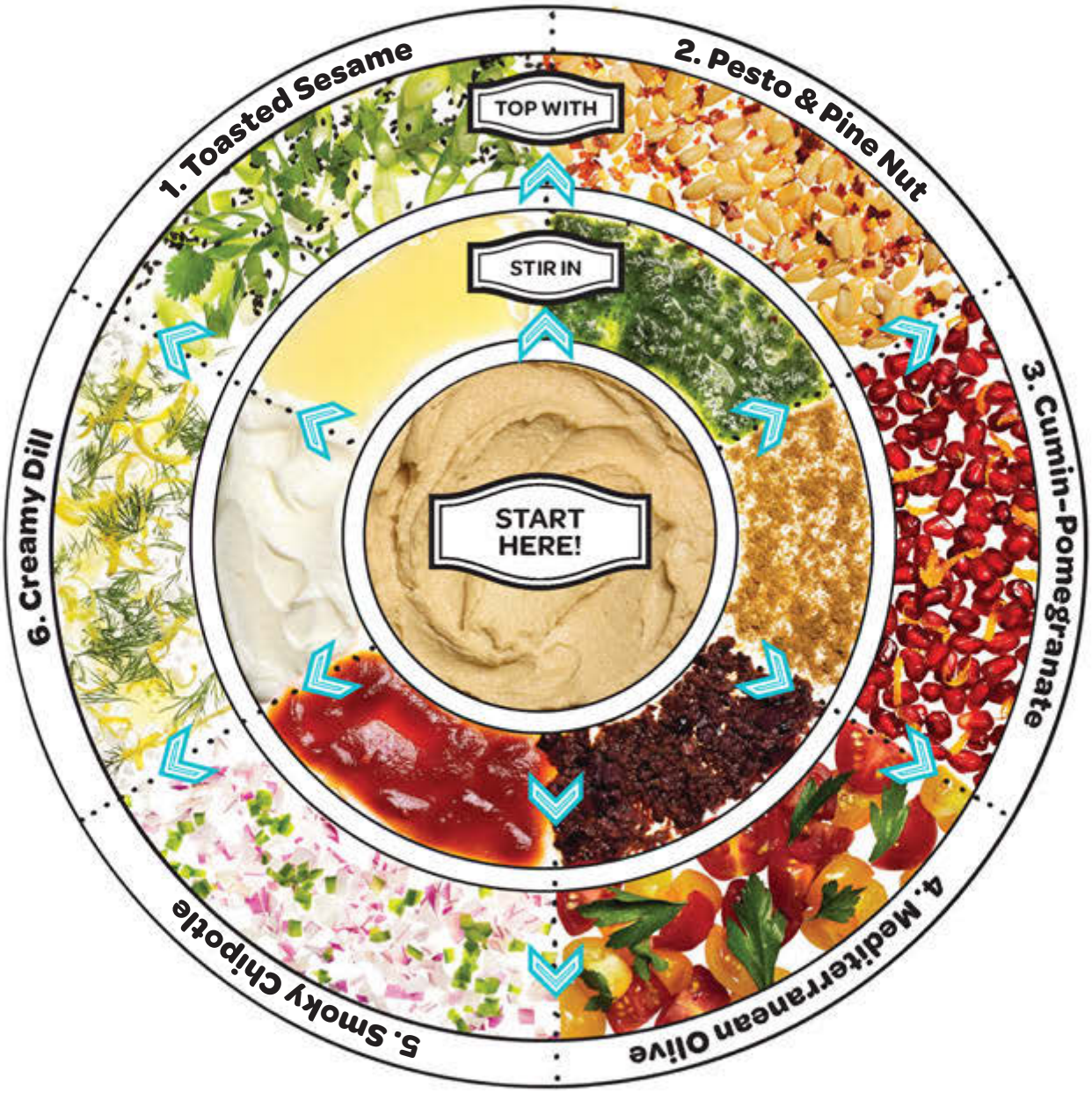
IN THE RAW®

To learn more about our products, recipes and more, go to **InTheRaw.com**

©2015 Cumberland Packing Corp. All Rights Reserved.

6 spins on hummus!

Take your dip from ho-hum to super yum with these easy variations! BY CHARLES GRAYAUSKIE



HUMMUS HOW-TO Start with 16 oz. plain store-bought hummus or make your own: In a food processor, puree 1 can (15 oz.) chickpeas, ¼ cup fresh lemon juice, ¼ cup tahini, 2 tbsp. EVOO and 1 large clove garlic; season.

1. TOASTED SESAME
Stir in: *1 tsp. toasted sesame oil*
Top with: *Sesame seeds (any kind), sliced scallions, chopped cilantro*

2. PESTO & PINE NUT
Stir in: *½ cup pesto*
Top with: *Toasted pine nuts, crushed red pepper*

3. CUMIN-POMEGRANATE
Stir in: *1 tsp. ground cumin*
Top with: *Pomegranate seeds, orange zest*

4. MEDITERRANEAN OLIVE
Stir in: *½ cup black olive tapenade*
Top with: *Chopped tomatoes, flat-leaf parsley leaves*

5. SMOKY CHIPOTLE
Stir in: *4 tsp. adobo sauce from canned chipotles in adobo*
Top with: *Minced fresh jalapeño and red onion*

6. CREAMY DILL
Stir in: *1 cup Greek yogurt*
Top with: *Lemon zest, chopped fresh dill, EVOO, coarse salt*

FOOD STYLING BY MICHELLE GATTON.

PHOTOGRAPHY BY PLAMEN PETKOV

Our 25 MOST POPULAR WINGS

What's the best way to start a party? Wing it! These irresistible wings recipes are searched for, shared, pinned and printed more than any others on our site. Get them all at ***RachaelRayMag.com/wings****— and don't forget the napkins!*



Sticky Chicken Wings with Blue Cheese Dip



Sweet & Savory Chicken Wings



Twice-Fried Chicken Wings



Sticky PB&J Wings

More wings this way!

STICKY CHICKEN WINGS WITH BLUE CHEESE DIP: STEPHEN SCOTT GROSS; SWEET & SAVORY CHICKEN WINGS: KANA OKADA; TWICE-FRIED CHICKEN WINGS: ANTONIS ACHILLEOS; STICKY PB & J WINGS: SANG AN.

continued from page 39...



Spicy Chocolate Wings



Spiced Wings with Yogurt Sauce



Sweet Chile Hot Wings



Chickadee Wings



Chicken Wings with Peach Sauce



Sizzling Sesame Wings



Asian Sweet Chili–Cilantro Wings



Baked Coconut Chili–Lime Wings



Three-Alarm Mexican Wings



Italian Mozzarella Wings



Baked Spicy Yogurt Wings



Sweet & Lemony Wings

LEFT TO RIGHT, ROW ONE: SANG AN, KATE SEARS, GENTL & HYERS. ROW TWO: MARCUS NILSSON, JONNY VALIANT, CHARLES MASTERS. ROW THREE: CHARLES MASTERS (3). ROW FOUR: SANG AN, CHARLES MASTERS (2).



Tempura Buffalo Wings



Apricot-Date Sticky Wings



Baked Buffalo–Queso Fresco Wings



Rachael's Mexican Fried Chicken



Pickled Pepper Wings



Crispy Curry Wings



Classic Buffalo Wings



Salt-and-Pepper Chicken Wings



Thai Peanut Chicken Wings

ROW ONE: CHARLES MASTERS, CORAL VON ZUMWALT, CHARLES MASTERS. ROW TWO: BRIAN DOBEN, CHARLES MASTERS, TRAVIS RATHBONE. ROW THREE: GETTY. ROW FOUR: SANG AN. BOTTOM RIGHT: PETER ARDITO.

ONE GROCERY BAG

3 GREAT MEALS

Your supermarket run just got easier! Speed through the 10-items-or-less lane and still dine deliciously!

SHOPPING LIST

1. 3 CARROTS
2. ½ LB. SMALL NEW POTATOES
3. 2 ENGLISH CUCUMBERS
4. 1 BUNCH FLAT LEAF PARSLEY
5. 1 CUP (4 OZ.) CRUMBLED FETA
6. 8 SKINLESS SALMON FILLETS (6 OZ. EACH)
7. ½ CUP HOISIN SAUCE
8. 4 OZ. RICE VERMICELLI
9. 12 OZ. DRIED BROWN LENTILS
10. 2 PITA BREADS

PANTRY ITEMS

RED ONION, GARLIC, OLIVE OIL, COOKING SPRAY, WHITE WINE VINEGAR, REDUCED SODIUM SOY SAUCE, DIJON MUSTARD, VEGETABLE STOCK, SALT AND PEPPER, CRUSHED RED PEPPER, GROUND CUMIN

Pan-Seared Salmon with Potato & Cucumber Salad

Lentil Soup with Pita & Whipped Feta

Hoisin-Glazed Salmon Noodle Bowls

RECIPES BY HEATHER MELDROM
PHOTOGRAPHY BY JONNY VALIANT



Pan-Seared Salmon with Potato & Cucumber Salad

SERVES 4 *PREP* 15 MIN *COOK* 20 MIN

- 1 small red onion, halved and thinly sliced lengthwise
- ½ lb. small new potatoes, halved
- 4 tbsp. white wine vinegar
- 3 tbsp. olive oil
- 1 tbsp. Dijon mustard
- 1 English cucumber, halved lengthwise and sliced crosswise
- ⅓ cup chopped flat-leaf parsley
- 4 skinless salmon fillets (6 oz. each)

1. In a medium bowl, cover the sliced onion with cold water and soak to mellow the flavor, about 15 minutes; drain.
2. Meanwhile, place the potatoes in a medium pot; add enough water to cover by 1 inch. Salt the water, add 2 tbsp. vinegar and bring to a boil over medium-high. Reduce the heat to medium and cook until tender, about 10 minutes. Drain; rinse under cold water until cool.
3. In a large bowl, whisk the remaining 2 tbsp. vinegar, 2 tbsp. oil and the mustard; season with salt and pepper. Add the cucumber, parsley, onion and potatoes; toss to coat. Divide among plates.
4. In a large nonstick skillet, heat the remaining 1 tbsp. oil over medium-high. Pat the salmon dry with paper towels, season and cook without moving until golden, 4 minutes. Flip and cook until salmon flakes easily with a fork, about 4 minutes more. Serve on top of the salad.

MAKE BETTER POTATO SALAD SEE P. 116

SALMON SWAP The potato and cucumber salad is also great with pan-seared shrimp or chicken breasts.



Lentil Soup with Pita & Whipped Feta

SERVES 4 *PREP* 15 MIN *COOK* 35 MIN

- 4 tbsp. olive oil
- 1 red onion, finely chopped
- 2 cloves garlic, minced
- 3 carrots, peeled and chopped
- 1½ tsp. ground cumin
- 8 cups vegetable stock
- 12 oz. dried brown lentils, rinsed
- 1 cup crumbled feta
- ¼ cup coarsely chopped flat-leaf parsley
- 2 pita breads, each cut into 6 wedges, toasted

1. In a large pot, heat 2 tbsp. oil over medium. Add the onion and garlic and cook, stirring often, until the onion is translucent, about 3 minutes. Add the carrots and cumin and cook, stirring often, until fragrant, about 2 minutes. Add the stock and lentils; season with salt and pepper and bring to a boil. Reduce the heat to medium and cook, stirring occasionally, until the lentils are tender, about 30 minutes.
2. Meanwhile, in a food processor, puree the feta and 1 tbsp. oil until smooth and fluffy, about 2 minutes. Transfer to a small bowl and drizzle with the remaining 1 tbsp. oil. Rinse out the food processor bowl.
3. In the food processor, puree 2 cups of the soup. Return to the pot and season. Divide the soup among bowls and top with the parsley. Serve with the pita and the whipped feta.

SAY CHEESE Make a double batch of feta dip to dollop on roasted veggies and spread on sandwiches.



Hoisin-Glazed Salmon Noodle Bowls

SERVES 4 *PREP* 15 MIN *COOK* 15 MIN

- 1 small red onion, halved and thinly sliced lengthwise
- 4 oz. rice vermicelli
- 1 English cucumber, cut into 2-inch-long thin strips
- 4 skinless salmon fillets (6 oz. each)
- ½ cup hoisin sauce
- ¼ cup reduced-sodium soy sauce
- 3 tbsp. white wine vinegar
- 2 tsp. crushed red pepper

1. In a large bowl, cover the sliced onion with cold water and soak to mellow the flavor, about 15 minutes; drain.
2. Meanwhile, prepare the vermicelli according to package instructions; drain and rinse under cold water. Add the vermicelli and cucumber to the bowl with the onion; toss.
3. Preheat the broiler. On a foil-lined baking sheet coated with cooking spray, arrange the salmon fillets, spacing them a few inches apart. In a medium bowl, whisk the hoisin sauce, soy sauce, vinegar and crushed red pepper for the glaze. Drizzle about 1 tbsp. over each fillet.
4. Broil the salmon, rotating the baking sheet halfway through cooking, until the glaze is bubbling and the fish is cooked through, 5 to 7 minutes.
5. Drizzle the remaining glaze on the noodle mixture. Using a fork, break each salmon fillet into large pieces and place on top of the noodles.

FRESHEN UP Add a bright, herbal flavor by tossing the noodles with torn cilantro, basil or mint leaves.

FOOD STYLING BY CHRIS LANIER; PROP STYLING BY LISA LEE. CARROTS, POTATOES, PARSLEY, FETA, SALMON, HOISIN SAUCE, BROWN LENTILS, PITA BREADS: PHOTOGRAPHY BY PETER ARDITO; FOOD STYLING BY MICHELLE GATTON. ENGLISH CUCUMBERS, VERMICELLI: PHOTOGRAPHY BY PETER ARDITO; FOOD STYLING BY JAMIE KIMM.

© 2015 The Hillshire Brands Company



Finally, 100% natural lunchmeat that's 100% delicious.

Hillshire Farm Naturals. Slow roasted and perfectly spiced. With absolutely no artificial ingredients or preservatives. You'll love how it tastes or we'll eat the costs.

Visit hillshirefarm.com/guarantee for details.

Since 1934 Hillshire Farm®

Offer valid in USA, 18+ from 2/1/15 – 4/30/15. If we "Eat it": Limit 1 refund (up to $6.00) per household. Offer good only with a qualifying purchase of a Hillshire Farm Naturals 8oz product. Void where prohibited.



Ellie Krieger and daughter Isabella, 12, wrap up a great dinner.

Pack light!

Healthy cooking expert Ellie Krieger shares her cooked-in-foil chicken and vegetable dish. Kids will love the fun and easy packet technique, and you'll appreciate the cleanup: There's hardly any!

FOOD STYLING BY CHRIS LANIER; PROP STYLING BY LISA LEE; HAIR AND MAKEUP BY SUZANNE KATZ.

PHOTOGRAPHY BY JONNY VALIANT







Asian Chicken & Vegetables in Foil Packets

SERVES 4 **PREP** 15 MIN **COOK** 15 MIN

- 4 large scallions, trimmed
- 1 large carrot, peeled
- 4 boneless, skinless chicken breast cutlets (5 oz. each), pounded ½ inch thick
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 2 tbsp. reduced-sodium soy sauce
- 1 tbsp. (packed) dark brown sugar
- 1 tbsp. rice vinegar
- 1 tbsp. toasted sesame oil
- 1 tsp. sriracha, optional
- 4 tsp. sesame seeds

▷ Preheat the oven to 400°. Slice between the light- and dark-green parts of the scallions. Quarter the white and light-green sections lengthwise to form long ribbons, and thinly slice the dark-green parts into rounds. Using a peeler, cut the carrot into thin strips **[1]**.

▷ Place four 18-inch-long sheets of heavy-duty foil on a work surface. Place one piece of chicken in the center of each **[2]**; top with the peppers, carrot and scallion ribbons.

▷ In a small bowl, whisk the soy sauce, brown sugar, vinegar, sesame oil and sriracha, if using [3]. Drizzle over the chicken and vegetables **[4]**. Bring the edges of foil up to meet in the center, leaving roughly 2 inches of space above the chicken and vegetables so the food can steam. Crimp the edges tightly to seal **[5]**. Transfer the packets to a baking sheet. Bake until the chicken is cooked through and the vegetables are crisp-tender, 12 to 15 minutes.

▷ Meanwhile, in a small, dry skillet, stir the sesame seeds over medium-high heat until golden, 5 to 6 minutes.

▷ When the chicken is done, carefully open the packets. Using tongs, slide the contents of each packet onto separate plates **[6]**. Drizzle with any accumulated juices. Sprinkle each serving with 1 tsp. sesame seeds and garnish with the scallion greens.









Make a bundle

This simple cooking method lends itself to lots of different flavor variations. Swap in your favorite vegetables and/or replace the chicken breast with any of the following:

PORK Slice 1 lb. pork tenderloin into ½-inch-thick rounds. Place 4 to 5 rounds in each packet. Assemble and bake as directed.

SHRIMP Preheat the oven to 425°. Place 6 large peeled, deveined shrimp (about ¾ lb. total) in each packet. Assemble as directed and bake until opaque in the center, 12 to 13 minutes.

FISH Preheat the oven to 425°. Place one 5-oz. flounder fillet in each packet. Assemble as directed and bake until the fish flakes easily, 13 to 15 minutes.

ADAPTED WITH PERMISSION FROM THE PUBLISHER, HOUGHTON MIFFLIN HARCOURT, FROM *WEEKNIGHT WONDERS* BY ELLIE KRIEGER. COPYRIGHT 2018. ALL RIGHTS RESERVED.


life is
trying
a recipe
that's
adventurous,
and a kitchen
where finding
the tools isn't
©Inter IKEA Systems B.V. 2015
SEKTION/BROKHULT
kitchen
$2799*
*Based on a 10'×10' kitchen
25
Year Limited
Warranty
INCLUDED
IKEA-USA.com/kitchen
SEKTION kitchen with BROKHULT light gray walnut effect doors, drawer fronts and MAXIMERA soft-closing drawers SEKTION cabinet frames in brown wood effect and white melamine foil. BROKHULT doors/drawer fronts in high-gloss foil finish. MAXIMERA drawers in powder-coated steel and melamine foil. Requires assembly. *Total price includes cabinet fronts, interior shelving, drawer and door dampers, hinges, toekicks, legs, visible moldings and panels. Your choice of countertop, sink, faucet, handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin and 10'×10' details. Valid in US stores only.
IKEA

LIFE OF THE PARTY

That's the spirit!

If March Madness means your television is turned to college hoops all month long, show your school pride by giving your couch a spirited makeover: Temporarily transform your favorite team tees into game-day decor. Don't worry—your shirts are still wearable when the season's over. What a slam-dunk DIY project!

TURN TO SEE HOW EASY!



PHOTOGRAPHY BY NGOC MINH NGO

1 Gather your supplies

Clear off a workspace and have your supplies handy. Slide the pillow form into the T-shirt, making sure the logo is centered. Lay the pillow flat on your work surface with the front of the shirt face down.

Supplies

- ☑ **Square pillow form**
- ☑ **Team logo T-shirt**
- ☑ **Colorful felt**
- ☑ **Peel-and-stick Velcro tape**
- ☑ **Safety pins**



BUYING TEAM SHIRTS

☆☆☆

Prefer to *wear* your lucky shirt instead? Shop for vintage tees for this project on Etsy or eBay, or get the authentic retro look from these retailers:

tailgateclothing.com
retrocollegecuts.com
originalretrobrand.com





2 Pin it down

Fold the neck of the shirt over and down the back of the pillow and secure with safety pins. Fold both sleeves in, making sure the design on the front of the shirt remains centered and smooth. Finally, fold up the bottom of the shirt and secure with more safety pins.



3 Make your backing

Trim the felt so that it is 1 inch smaller than your pillow on all sides. Remove the backing from one side of the Velcro tape and secure it to the felt, placing it ¼ inch from each edge. Remove the remaining tape backing and turn up the ¼-inch runover of felt so it wraps around part of the Velcro.



4 Put it together

Flip the felt backing over and center it on the back of your pillow, making sure to cover up all the safety pins. Press down on the adhesive Velcro to secure the edges.

Get your shirt back!
When the season's over, remove the Velcro and pins and your tee is as good as new!



CRAFT & PROP STYLING BY MORGAN LEVINE. DUKE SHIRT: PETER ARDITO.


LET THEM
MIX UP
LUNCH
TIME TOO
CHICKEN POPPER
KABOBBLES
Lunchables with Smoothie
NEW
ka·bob·bles
build it your own way!
lunchables.com
Lunchables with Smoothie Kabobbles™ lets them mix up their favorite foods
© 2014 KRAFT Foods

As seen on TV!

Get a behind-the-scenes look at the kitchens on four of television's hottest shows—and snag some genius design ideas for your own space.

BY JERYL BRUNNER AND LISA FREEDMAN



modernfamily

The cluttered epicenter of an on-the-go American family

The kitchen in Phil and Claire Dunphy's house is not meant to be relaxing or peaceful. "This set reflects true family life, where it feels lived-in and highlights the busyness that every day brings," says production designer Claire Bennett, who took over for the original designer, Richard Berg, before Season 5. The photo at right was snapped during a rare moment of organization.

Beige, not boring

The Dunphy house is full of color and lots of eye-catching stripes, but the **designers went for neutral colors in this room.** "These colors reflect [straitlaced] Claire a bit more," says Bennett. "And the pops of color throughout are a lively nod to Phil's fun side."

Counter points

To make the room look like it's really used, **the crew covers the counters with dishes, food and other typical clutter,** just like a real family would. That red pot may be on the stove in one scene and in the sink the next.

Mug shots



Julie Bowen, who plays Claire, prefers to use a mug that says "Mom." Fun fact: **If a mug is used during a scene, it's got something in it**—otherwise, the sips and the mug's handling would look too fake.

Measuring up

Though it doesn't appear on any episode, "The crew keeps a **measuring chart on the doorway of the kitchen** leading off the set," says Bennett. "It shows how the kids, especially the two youngest, have grown during the course of filming."

Open and shut

Open shelving isn't a realistic look for many busy families, including this one. Most of the clutter gets hidden behind closed doors. **A few easy-to-keep-organized areas are exposed** to give the room an airy feeling.

Changing spaces

This counter used to be a family command center. When Claire started working for her dad in Season 5, **the set designers transformed the space into a desk.**

KITCHEN SET: ABC/ERIC MCCANDLESS; GROUP PHOTO: ABC/ERIC MCCANDLESS; CLAIRE PHOTO: ABC/RICHARD CARTWRIGHT; CHAIR: WORLD MARKET; TABLE: OVERSTOCK; THREE TIER BASKET: CRATE AND BARREL

STEAL THE SHOW



Other versions of these **Linen Paige Round Back Dining Chairs** cost twice as much. *$400 for two, worldmarket.com*



Seat up to six people at this unfussy oak **Monarch Rectangular Dining Table**. *$366, overstock.com*



A **Three-Tier Basket** keeps fruit on display. *$90, crateandbarrel.com*



GOLDEN CRICKET
FROM $24 PER GALLON,
BEHR.COM FOR STORES



thegoodwife

An upscale kitchen that's actually kid-friendly

Lead character Alicia Florrick had to downsize when her husband went to jail on corruption charges. "She suddenly became a working mom; the kids had to be able to help themselves in the kitchen," says set decorator Beth Kushnick.

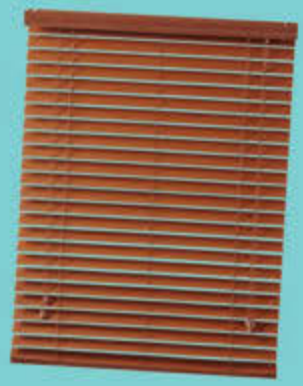
STEAL THE SHOW



Accessorize your stovetop with a **Classic Whistling Kettle** in palm green. *$90, lecreuset.com*



CLEAR SKIES FROM $37 PER GALLON; BENJAMINMOORE .COM FOR STORES



These **Walnut Faux Wood Plantation Blinds** by Levolor are moisture-resistant and good for high-splash areas, like near the kitchen sink. *$37, lowes.com*



Local eats

The show is set in Chicago but filmed in a 3,000-square-foot studio in Brooklyn. To achieve Windy City authenticity, **Kushnick ships in takeout boxes from Chicago restaurants** and has a local friend who mails her the menus that get passed under his apartment door.

Small details

Kushnick borrowed her daughter's collection of Chinese fortunes to **dress up the refrigerator.**

Making light

Cabinets don't have to match the island. In this kitchen, Kushnick knew she could install a dark island and still have a bright space thanks to light-colored wall cabinets, a white perimeter countertop and a tiled backsplash.

KITCHEN SET: JOHN PAUL FILO; ALICIA WITH WINE: JEFF NEUMANN; KETTLE AND BLINDS: PETER ARDITO.


speak up!
Join the Every Day People Panel
RachaelRayMag.com/PeoplePanel
EveryDay people PANEL
EVERY DAY PEOPLE HAVE A LOT TO SAY. And we want to hear.
Have your voice heard!
JOIN TODAY!
Join now and you will:
• Share your opinions through occasional surveys
• Sample products before they're available in stores
RachaelRayMag.com/PeoplePanel

MADMEN

Cutting-edge Scandinavian design with the most up-to-date technology—for the time

Show creator Matthew Weiner, set decorator Claudette Didul and production designer Dan Bishop decided that, because lead character Don Draper earns good money, his apartment should "look beyond the taste of a normal person." Don's wife, Megan, would have hired a professional decorator, Weiner says.





The yellow wall phone is the same kind Weiner had as a kid. "Some people question if push-button phones existed then," says Didul. "They did—they just didn't have an asterisk or pound key." She found it on eBay.

Ring master

Affordable style

"During the late 60s, most of the glassware in middle class homes was Libbey or Anchor Hocking," Weiner says. "Sure, there are fancy items in this kitchen, but when you see someone holding a glass, it's going to be mundane." Proving that **it's OK to mix your high-end items with bargain pieces.**

Shop class

Didul and Bishop spent a lot of time hunting for vintage pieces at Southern California flea markets and antiques shops. Two of their favorites: **Pasadena Antique Center and Sherman Oaks Antique Mall.**

STEAL THE SHOW



These colorful **Party Glasses** will add a retro touch to your mornings. *$6.50 each, fishseddy.com*



FRESH TANGERINES AND BENTON HARBOR
FROM $25, GLIDDEN.COM
FOR STORES



Pick up a six-quart enameled **Kobenstyle Casserole** with a vintage feel. *$186, dansk.com*

(Continued on page 58)

KITCHEN SET: MICHAEL YARISH/AMC; MEGAN DRAPER: JORDIN ALTHAUS/AMC; GLASSWARE AND POT: PETER ARDITO.

T-shirt Quilts
We make your T-shirts into a quilt.
As Seen On:
Today Show
Real Simple
Rachael Ray
ESPN

• 100% Quilted
• Outstanding Quality
• Made from your T-shirts
• Great Prices!
Campus Quilt Co.
800-880-8534
www.CampusQuilt.com
Call today for $10 off.

CustomInk
Design T-shirts Online
FREE SHIPPING
Create Amazing T-shirts Online!


customink.com/rachael
855-454-8030

Make Your Own Cookbook
Raise $500 – $50,000
• Proven fundraiser, ideal keepsake
• FREE features and options, as low as $2.05 per book
• Sales guarantee, online system, and easy step-by-step process
Call for a FREE Cookbook Kit
800-445-6621 ext. RR3

MORRIS PRESS COOKBOOKS
www.morriscookbooks.com

TerraTrike
Comfort.
Travel. Health.

Rediscover the joy and freedom of cycling!
FREE CATALOG: 800-945-9910 www.TerraTrike.com

EASY SHOPPER

To reserve your advertising space in an upcoming issue please contact tracy.hadel@meredith.com

promotion

@RachaelRayMag

Find food and fun with every click!

Share
plus.google.com/+EveryDaywithRachaelRay

Tweet
twitter.com/RachaelRaymag

Like
facebook.com/RachaelRaymag

Repin
pinterest.com/RachaelRaymag



Follow
RachaelRaymag.tumblr.com

Comment
instagram.com/RachaelRaymag

Download on the App Store

Apple, the Apple logo, iPad, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

CASTLE

A masculine kitchen for a single guy—and his daughter... and his mom

The entire kitchen was built around the $1,300 Kohler faucet because production designer Alfred Sole fell in love with its innovative look. From there, Sole worked with the actors who play mystery writer Richard Castle and his live-in mom, Martha, to create a space they felt comfortable in.



Bright idea

When buying sconces for a kitchen, **Sole suggests looking at the color of the glass.** "If you want warm lighting, the glass should be yellow or cream. If you want a cooler look, go for blue tones."

Dirty looks

No one likes loading the dishwasher—especially Sole. **He purposely didn't install one** because he didn't want the actors to be filmed loading and unloading it. "There's nothing pretty about that shot," he says.

Rock on

Sole is right on trend, featuring **the hottest kitchen materials: marble and concrete**. But this island is totally fake. The real material would be too heavy to move around (a necessity for filming), so a plastics manufacturer replicated the look.

KITCHEN SET AND CHARACTER PHOTO: ©(ABC); SELTZER BOTTLES AND TILES: PETER ARDITO; SCONCE: RESTORATION HARDWARE.



Tall orders

The crew is constantly tinkering with the heights of the counters, Sole says, so that no matter who's standing behind them, the kitchen looks realistic on camera. (The cast ranges from 5'5" to 6'2".) Here, **the counters are 38 inches tall, two inches taller than the standard.**

STEAL THE SHOW



Vintage French Seltzer Bottles look good anywhere—especially between upper cabinets and the ceiling. *$79 each, elsiegreen.com*



These **Tessera Piano Brixton tiles** are a mix of stone and glass pieces. Use them in a kitchen or a bathroom. *$14 per 12-inch square, homedepot.com*



Instead of a pendant light, go for a **Modern Taper Sconce with Linen Shade**. *$129, restorationhardware.com*



WARM BUFF FROM $42 PER GALLON, VALSPARPAINT.COM FOR STORES





nly

Eggland's Best gives you the best in taste & nutrition.

THINK ALL EGGS ARE THE SAME? Then you haven't experienced Eggland's Best.

Compared to ordinary eggs, Eggland's Best eggs have four times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

Hungry for better taste? EBs deliver more of the farm-fresh flavor you and your family love. Any way you cook them!

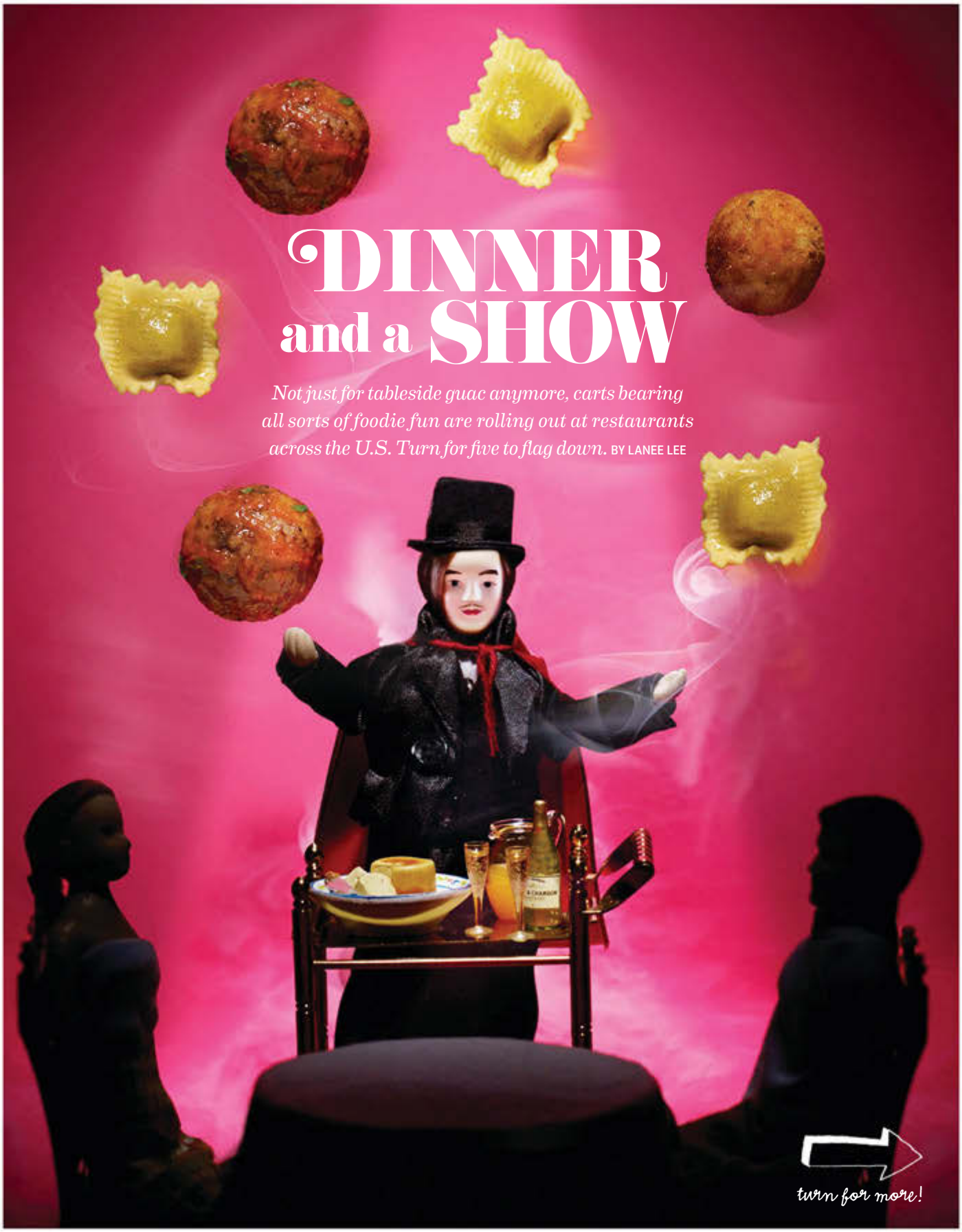
So why settle for ordinary when you can enjoy the best? **Eggland's Best.**



egglandsbest.com

EB QUALITY APPROVED EGG·LAND'S BEST

Better taste. Better nutrition.
Better Eggs.™



DINNER and a SHOW

Not just for tableside guac anymore, carts bearing all sorts of foodie fun are rolling out at restaurants across the U.S. Turn for five to flag down. BY LANEE LEE

turn for more!

FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY JEN EVERETT.

PHOTOGRAPHY BY JAMES WORRELL

Advertisement



Turn Up The Volume

- Promotes healthy and full hair
- Provides nutrients for the hair follicles
- Contains procyanidin B2 extracted from apples
- Top seller in Europe!

WHAT OUR CUSTOMERS SAY:

"My hair started to look dull and thin. It would shed so much that I got concerned. A friend recommended I try Hair Volume and I am glad I did. It really worked for me. I love this product."

Web Review





YOUR HAIR TABLET

Hair Volume™ is the Scandinavian hair tablet that has gained much popularity in Europe. It helps nourish your hair from the inside and specifically contains an ingredient from apples known to promote hair follicle activity. See the rave reviews online and try Hair Volume for yourself.

For more information or to purchase directly, call us at 1-877-696-6734 or visit our website.

ONLINE SHOP
newnordicusa.com

Walgreens CVS/pharmacy GNC
meijer theVitamin Shoppe amazon.com drugstore.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Testimonials are not proof of efficacy. Results may vary.



Continued from page 61

If you think dim sum is just for Chinese food, swing by **Macchialina** in Miami Beach for Italian dim sum brunch, when mini veal meatballs, arancini and ravioli rock the dim-sum cart (*macchialina.com*).

In a swirl of Dumbledorian liquid-nitrogen smoke, your tableside server at the **SLS Hotel's Bar Centro** in Las Vegas whips up a rum, elderflower liqueur, citrus and pomegranate extravaganza. The finishing touch? Edible flowers (*slslasvegas.com*).

Dressed in retro uniforms, the flight attendants—er, servers—at West Hollywood's **Church Key** push airline drinks carts stocked with liquid nitrogen "Odd-er Pops" (ice pops), and SIY (shake-it-yourself) mason jar drinks (*thechurchkeyla.com*).

Nodding to a Native American cooking custom, a clay pot is cracked open tableside at **Kachina Southwestern Grill** in Westminster, CO, to reveal an herbed, cornhusk-wrapped baked trout (*kachinagrill.com*).

Jill's Restaurant at the St. Julien Hotel & Spa in Boulder, CO, deploys a handlebar-mustachioed Frenchman to your table, where he creates a twist on a Peach Melba: peaches flambéed in blackberry whiskey over vanilla ice cream and graham crackers (*stjulien.com*).

Cinderella 2.0



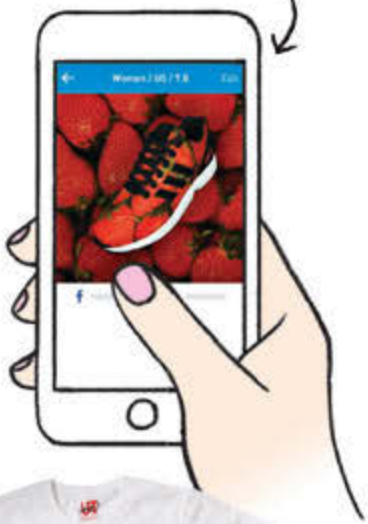
#INSTASTYLE

Outfit yourself in something totally trending: photos from your own feed. You can never go wrong with #pet and #food pics, but really, the #sky's the limit.



Time for a personalized watch! Email a pic, choose a band, and **May 28th** does the rest *($44, custom.may28th.me)*.

Get your custom kicks here! The new **#miZXFLUX** app lets you adorn ZX Flux sneaks with the image of your choosing *($110; free app, iTunes app store)*.





Wear your art on your sleeve—OK, technically on your chest—with **Uniqlo**'s new UTme technology *($23, at select Uniqlos, uniqlo.com)*.

CLASSIC CINDERELLA: © WALT DISNEY CO./COURTESY EVERETT COLLECTION; CINDERELLA ON HORSE: GILES KEYTE/©2013 DISNEY ENTERPRISES, INC.. WATCH AND T-SHIRT PHOTOS BY PETER ARDITO.

Watch out, Elsa: The doyenne of Disney is back with a triple threat. BY RACHEL FRIEDMAN

The once demure star of the big screen is now a cheeky, **live-action Cinderella** played by *Downton Abbey*'s Lily James, whose Prince Charming is none other than Richard Madden (*Game of Thrones*' hottest Stark). Meanwhile, at her Walt Disney World castle, the refreshed **Cinderella's Royal Table** is reopening with Chef Marco Chaves's updated classics: The farro risotto, for one, attests to Her Highness's increasing health consciousness. And for fans who can't get enough of her (literal) charms, there's **Pandora's new Disney Jewelry Collection** *(from $40, pandora.net)*.



Mane grains

Not to be outdone by the food aisles, haircare products are touting the benefits of gluten-free grains, too. BY ABBIE KOZOLCHYK



From left to right

Rita Hazan Weekly Remedy uses rice protein for strength—plus a quartet of oils for serious softness and shine *($42, ritahazan.com).*

Neuma NeuStyling Firm Hold Gel pumps up volume with roasted sorghum malt *($24, neumabeauty.com).*

Paul Mitchell Ultimate Color Repair Triple Rescue thermal protecting spray counts on quinoa to help prevent fading and dulling *($20, paulmitchell.com).*

Weleda Millet Nourishing Shampoo takes advantage of the gleam-giving powers of millet along with scalp-stimulating peppermint *($11, soap.com).*

Surya Brasil Sapien Women Leave-in Conditioner exploits the hydrating and glossing abilities of amaranth *($17, suryabrasilproducts.com).*





MICHAEL VOLTAGGIO PORTRAIT: ED ANDERSON/INK.

FOREIGN SERVICE

Michael Voltaggio, owner of L.A.'s Ink, dishes on the Travel Channel's new Breaking Borders*—a show that has him cooking in conflict zones to bring both sides together.* BY DAVID FARLEY

Q: Have you found that food can really help resolve conflict?
A: There's just something about gathering people around the dinner table. You forget that it's a place for us to sit and talk. And that's really what we do on this show: get people around a table who don't normally sit together.

Q: Any especially challenging places you've been so far?
A: Israel was really interesting: If you're cooking for Israelis and Palestinians, politics are just the beginning. I'd never cooked kosher before, and those rules are hard for first-timers!

Q: Have you learned anything you'll use in your own menus?
A: On every single episode. In Sri Lanka, for example, I became obsessed with pittu, which I learned to make from Tamil people. You steam finely grated coconut and it comes out like couscous. My own take on the dish isn't on the menu at Ink just yet, but it will be soon.

Q: So what would you cook for the Red Sox and the Yankees?
A: Moot point. Getting those guys at the same table would be more difficult than anyone we've gotten so far.



Hit the food isles

If you think island cuisine is just another name for beach BBQs and frozen drinks, meet six *gorge*-ous getaways where the food culture alone is worth the trip. BY SANDRA RAMANI



CAYMAN ISLANDS: THE CAYMAN ISLANDS DEPARTMENT OF TOURISM.

THE CAYMAN ISLANDS

With more than 200 restaurants, several owned by celeb chefs, this trio of islands is always a contender for best foodie bastion in the Caribbean. Adding to that rep? The 100-plus nationalities that make up the population—and cook up melting-pot magic.

MMM-MMM MUST-DOS!

- **Tour and taste:** Blending snacking stops with a history lesson, Cayman Food Tours will set the stage for your stay. Among the many things you'll sample: West Indian street food, spicy pepper jelly and ragin' rum cake *(caymanfoodtours.com)*.
- **Hit a garden party:** At Plantation Organic Gardens, an Edenic complex that grows 400 kinds of fruits, spices and veggies, tour and score fresh produce or sign up for a chef-prepared Gardens to Gatherings dinner *(plantationhouse.blogspot.com)*.
- **Shack up:** Make like a local and swing by a beach or roadside fish fry—you can't go wrong at Capt. Herman East Side Fish Fry (*left*)—for conch soup, cassava cake or fish and flitters (another way of saying fritters in the Cayman Islands).
- **Where to stay:** Grand Cayman's Shangri-La B&B, home to one of the island's best breakfasts *(from $125 per night; shangrilabandb.com)*.



NANTUCKET, MA

Home to iconic cranberry bogs, farms that date back to the 1800s and perhaps the best lobster rolls you'll ever eat, Nantucket is equal parts surf and turf. And recent initiatives to revive local agricultural roots are inspiring a whole new generation of farmers and chefs.

MMM-MMM MUST-DOS!

- **Get bogged down:** Walk alongside the scarlet spectacle that is the Milestone Cranberry Bog, the island's oldest continuously operating farm *(nantucketconservation.org)*.
- **Make a roll call:** Join the great debate over who makes the best local lobster roll: Start at Straight Wharf Fish Store (*left*) , then try the cheffy version on brioche at Cru *(crunantucket.com)*.
- **Raise a glass:** Visit Cisco Brewers and its sister Nantucket Vineyard to taste fab Shark Tracker Light Lager, Whale's Tale Pale Ale and cranberry-infused wine *(ciscobrewers.com)*.
- **Where to stay:** The Wauwinet comes with a major foodie bonus: The in-house restaurant's Ocean to Table experience features oysters cultivated about 300 yards from where you devour them *(from $225 per night; wauwinet.com)*.

MACKINAC ISLAND, MI

Luring generations of summer vacationers to Lake Huron, between Michigan's Upper and Lower Peninsulas, this island became popular in the 19th century, when feasting in grand Victorian hotels was the thing to do. While that tradition continues, there are now rival foodie temptations. First, there's the amazing local whitefish grilled on wood planks. And then the sweet stuff: With a credible claim to being America's fudge capital, Mackinac has a dozen-plus fudgistas who fill the air with the siren scent.

MMM-MMM MUST-DOS!

- **Go choco-loco:** Fudge is such a big draw here, tourists are known as "fudgies." To become one yourself, head to Murdick's, which opened in 1887, or another mainstay, Ryba's *(originalmurdicksfudge.com; ryba.com)*.
- **Do a plank:** Dubbed "the pride of the Great Lakes," local whitefish wows visitors, too. Try the house specialty at Cawthorne's Village Inn: planked whitefish. That's Mackinese for grilling the daily catch on a wooden plank (*906-847-3542*).
- **Tea up:** Victorian architecture and customs still abound (down to the horse-drawn carriages that replace cars here), and one favorite is the chamber music–accompanied afternoon tea at the Grand Hotel *(grandhotel.com)*.
- **Where to stay:** Mission Point Resort serves great whitefish dishes, starting with an off-menu whitefish Benedict you have to try *(from $109 per night; missionpoint.com)*.



NANTUCKET: CARL TREMBLAY; MACKINAC ISLAND: RICHARD NOWITZ/NATIONAL GEOGRAPHIC CREATIVE.

SAN JUAN ISLANDS, WA

This prime little piece of the Pacific Northwest is known as the Gourmet Archipelago, thanks to a food culture that rivals the outdoorsy scene—and that's saying something in the land of kayaking with orcas. As far back as the 1800s, farms and orchards on the four ferry-served islands were producing enough to satisfy not only islanders, but mainlanders, too. Since then, vineyards, breweries and bee colonies have added to the bounty.

MMM-MMM MUST-DOS!

- **Shuck it!** The sea and bays around the islands are full of oysters, clams, crabs, prawns and salmon. For a taste, choose and shuck your own oysters at Buck Bay Shellfish Farm, then down them at a resident picnic table *(buckbayshellfishfarm.com)*.
- **Be farm-fed:** On Orcas Island, home to the whales and pears of the same name, pick pears on the site of an 1870s homestead, Once in a Blue Moon Farm. On San Juan Island, try fresh goat cheese at Brickworks *(onceinabluemoonfarm.com; fhbrickworks.com)*.
- **Forage for dinner:** Duck Soup Inn, a restaurant housed in a country cabin, is locavore heaven, where chef Kyle Nicholson is a forager, too. So don't be surprised to find the likes of seaweed butter and pickled kelp on the menu *(ducksoupinn.com)*.
- **Where to stay:** At the seaside Pebble Cove Farm suites and cottage, cruise the organic orchard and garden for fresh fruit, the beach for clam-digging and the fire pit for s'mores-making *(from $170 per night; pebblecovefarm.com)*.





PRINCE EDWARD ISLAND, CANADA

This Atlantic escape, known as the "million-acre farm," is famous for its potatoes (a quarter of Canada's spuds hail from here) as well as lobsters, mussels, Malpeque oysters and tuna. In fact, between the hilly, red-earth farms and ridiculously rich ocean, food is a top economic driver here, so pretty much everyone is a foodie, officially or otherwise.

MMM-MMM MUST-DOS!

- **Dig in:** Born in the 1700s, PEI's tater trade is best studied—and tasted—on the Spuds, Fudge (yup, potato fudge) & Tales tour at the Canadian Potato Museum *(canadianpotatomuseum.com)*.
- **Cook with Canucks:** "Kitchen parties," aka ceilidh, at which neighbors gather and cook, are a venerated local institution that's now easily accessible to visitors *(tourismpei.com)*.
- **Ale away:** The perfect pairings for all the fresh seafood and spuds you'll be eating? Local ale and lager. Hit the PEI Brewing Company for a tasting *(peibrewingcompany.com)*.
- **Where to stay:** At the Inn at Bay Fortune, where Food Network Canada star Michael Smith honed his skills, the locally sourced menu is a big draw *(from $135 per night; innatbayfortune.com)*.

SAN JUAN ISLANDS: PETER FRANK EDWARDS/REDUX; PRINCE EDWARD ISLAND: TOURISM PEI/STEVEN HARRIS.

GOLDEN ISLES, GA

St. Simons Island, Sea Island, Jekyll Island and Little St. Simons Island, collectively known as the Golden Isles, earn high points for low country cuisine, a rice- and seafood-heavy subset of Southern cooking. The islands are also the likely birthplace of Brunswick stew, and while a spot in Virginia makes the same claim, this cup o' comfort is so good you won't be quibbling over who's right. Especially after you've been lulled into a sensory stupor by your surroundings (picture moss-draped trees and seemingly gold-dusted shorelines that do right by the islands' name).

MMM-MMM MUST-DOS!

- **Do the stew:** Meaty, tomatoey Brunswick stew is such a local celeb, it gets its own festival every fall. See why at Southern Soul Barbeque and Blackwater Grill, both winners at 2014's fest *(southernsoulbbq.com; blackwatergrill.com)*.
- **Meet a fisher king:** Crawling with shrimp, snapper and other local catches, these waters can turn chefs into fishermen. To taste what happens when the guy devising your dinner "grocery shops" by boat, try Halyards *(halyardsrestaurant.com)*.
- **Chow down:** A tradition dating to the 1950s, Rainbow Island Plantation Suppers are laid-back bacchanalia starring hush puppies, buttermilk-fried catfish, spicy skillet shrimp, roasted oysters, smoked baby back ribs and more *(seaisland.com)*.

- **Where to stay:** At the Inn at Sea Island, you can fish off a dock and have your catch cooked. You'll also be close to nine restaurants, including the Georgian Room with its crazy-good grits soufflé *(from $185 per night; seaisland.com)*.



GOLDEN ISLES: PETER FRANK EDWARDS/REDUX.


GET 40 MINUTES
FRESHER
BREATH
AFTER NOMMING ON
Dentyne
ICE
40 MIN FRESHER BREATH
AFTER CHEWING
PEPPERMINT
YOUR BREATH'S FRIEND
#FollowFood with Dentyne

WORTH IT?

Do I really need a stand mixer?



Yes!

There's a reason you can spot a stand mixer on the countertop of any cooking show set—they're awesome! When it comes to mixing dough and batter, they're faster and more powerful than a hand mixer. And the best part: You can walk away (or get started on the next step of your recipe) while the mixer does the work for you. Though a good-quality stand mixer can be a hefty investment, a growing number of add-on attachments transforms this appliance into a kitchen workhorse that's worth saving up for. Turn the page to learn how you can get the most from your machine and to see mixers for every budget.

BY SHAY SPENCE

Now, get mixing!

FOOD STYLING BY JAMIE KIMM; PROP STYLING BY THOM DRIVER.

PHOTOGRAPH BY LEVI BROWN

Get attached!

Maximize your mixer with these attachments. Master the three that come with most models, then decide which upgrades you'll go for!

IN THE BOX



Paddle
You'll use this basic tool for most batters, frostings and doughs because it quickly mixes ingredients without incorporating too much air.



Whisk
The thin wires make this ideal for any mixture into which you *want* to add as much air as possible, like whipping cream or egg whites for meringue.



Dough hook
Impress your friends with homemade bread! After you've mixed the dough with the paddle, switch to the hook and let 'er rip for hands-free kneading.

EXPERT UPGRADES

What it is	Why you'll love it	Bonus use
 **Ice Cream Maker** *(Shown: KitchenAid, $100, kitchenaid.com)*	Store this attachment in your freezer and it'll always be ready to churn out up to two quarts of smooth and creamy soft serve in under 30 minutes. Freeze for another two hours for firmer scoops.	It can moonlight as a margarita machine! The freezing-while-churning technique gives the perfect icy consistency to frozen cocktails and slushies, no ice necessary.
 **Pasta Roller** *(Shown: KitchenAid, $100, kitchenaid.com)*	The Italian grandma in us all can appreciate the quick work it makes of from-scratch pasta, without having to hand-crank.	Roll out pizza dough on the widest setting for a crunchy flatbread crust, or pass it again through a thinner setting and then cut into squares for homemade crackers.
 **Meat Grinder** *(Shown: Cuisinart, $129, cuisinart.com)*	Grinding your own meat for burgers, ragus, tacos and more not only saves money, it also puts you in control of freshness, flavor and quality.	Grind raw vegetables for sauces and soups. Pass carrots and cucumbers through the attachment and then add them to tomato juice for a fresh gazpacho.

✱ Shop for attachments that work with your specific model.

Mix masters

Match one to your style and budget.



KITCHENAID ARTISAN SERIES 5 QUART TILT-HEAD MIXER
The iconic machine comes in plenty of fun colors and also has the greatest number of compatible attachments you can buy. ($430, kitchenaid.com)



CUISINART 5.5 QUART MIXER
This model has a larger bowl capacity and more speed settings than its competitors. ($349, cuisinart.com)



HAMILTON BEACH 3.5 QUART 6-SPEED MIXER
Though extra attachments aren't available for this model, it's a great bargain if you just want the basics. ($130, hamiltonbeach.com)

PHOTOS BY PETER ARDITO.



ADDICTION IS HOPELESS WITHOUT YOU

Share your story of recovery or message of hope with someone who needs to hear it. **Visit drugfree.org and join the "Stories of Hope" community.**

Partnership™ for Drug-Free Kids

Where families find answers

©The Partnership for a Drug-Free America, Inc.


Robin Roberts
Co-anchor, ABC's Good Morning America
breast cancer survivor and marrow transplant recipient
I BEAT CANCER. TWICE.
Every four minutes someone is diagnosed with a blood cancer, like leukemia or lymphoma.
Be The Match® and Stand Up To Cancer® have joined forces to support cancer research and encourage more people to become marrow donors.
It's simple. More research. More marrow matches. More lives saved.
To learn more go to
BeTheMatch.org or StandUp2Cancer.org
BE THE MATCH®
STAND UP TO CANCER®
Be the Match® is registered servicemark of the National Marrow Donor Progam, a 501(c)(3) nonprofit organization.
Stand Up To Cancer® is a program of the Entertainment Industry Foundation, a 501(c)(3) nonprofit organization.

Trend alert

A BIT CHEESY

Move over string cheese—there are some new single-serving fromages in town. BY NICOLE WITKO



Mini wheels
These wax-covered, Swiss-style wheels look like classic Babybel treats, but have a sharper, nuttier taste. *(Jarlsberg, $4.99 for 5)*



Block cheese
It's finally acceptable to eat a whole wedge of cheese as a snack: Available in eight flavors like Creamy Havarti and White Cheddar, each wedge weighs less than four ounces. *(Sargento, $2.89)*



Fresh mozzarella
This 70-calorie pack of three bite-size orbs is all you need for a snack—or for making a personal-pan pizza. *(BelGioioso, $5.99 for 6 packs)*

Cheese curds
You'll be hard-pressed to resist this five-ounce bag of tangy, milky cheddar curds. *(Ellsworth Cooperative Creamery, $2.99)*

FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY JEN EVERETT. SMALL PHOTOS BY PETER ARDITO.

PHOTOGRAPHY BY JAMES WORRELL

shopping showdown!

★ BATTLE OF THE HOT FUDGE ★



PREMADE

All you need is a microwave and you'll be topping your sundae in a matter of seconds, but that ice cream might be better off sans sauce. Most of the jarred stuff that's available nationwide can have a cloying, saccharine flavor and a waxy consistency—even when it's heated. And it tends to set faster than the homemade version.

VS



HOMEMADE

From-scratch fudge sauce is inexpensive to make and well worth the extra effort: Its silky richness elevates a simple bowl of ice cream in a way that the store-bought stuff can't. Make a double batch so you have plenty in the fridge to reheat for your next sundae, or stir into warm milk for a steaming cup of hot cocoa.

30 seconds	PREP	15 minutes
$.23 per oz.	PRICE	$.29 per oz.

AND THE WINNER IS...
HOMEMADE

BY ERICA CLARK



MAKE SOME!

Homemade Hot Fudge Sauce

In a small saucepan, heat ½ cup heavy cream, 2 oz. unsweetened chocolate (chopped), 2 tbsp. light corn syrup and 2 tbsp. unsalted butter over medium-low, stirring, until butter and chocolate melt, 2 minutes. Stir in ¾ cup sugar; bring to boil over medium-high. Lower heat; simmer, without stirring, until thickened, 7 minutes. Remove from heat, mix in 1 tsp. pure vanilla extract. Cool slightly before serving.

PHOTOS BY PETER ARDITO. FUDGE: FOOD STYLING BY JAMIE KIMM.

Checkout! *We tested hundreds of products to find the best new buys for your grocery list.* BY NICOLE WITKO

1. Indian as Apple Pie spice blends make it easy to cook favorites like curry, tikka masala and more at home. *($9.95)*

2. Get your spoons ready! **Campbell's Organic Soup** comes in six flavors including Lentil and Chicken Tortilla. *($2.99)*

3. For gluten-free fans of sushi: **San-J Gluten Free Tamari Travel Packs** could save your next dinner outing. *($1.29)*

4. Cheers to **Blue Moon First Peach Ale**, a sweet-tart beer made with peaches and coriander. *($14.99 for 12)*

5. Add an easy, healthy rice side dish: **Lundberg Organic Sprouted Tri-Color Rice Blend** cooks in 30 minutes. *($5.99)*



You Drink More Water When It's Exciting.

+3 GLASSES OF WATER PER DAY



A recent study* among Americans revealed that people with a **SodaStream** consume 3 more glasses of water and water-based drinks per day. That's because **SodaStream** makes ordinary water exciting and more fun to drink, by turning it into sparkling and flavored sparkling water in seconds. Now **that's** exciting!

sodastream®
water made exciting

*US Water study 2014: Toluna, A leading market research firm, conducted the survey online with 3,680 nationally representative U.S. adults ages 18+ between November 2 - November 8, 2014

Shelf shake-up

Meet your matcha

Starbucks is sprinkling it into lattes and grocery stores are stocking it on shelves: But what *is* this curious green powder called matcha, anyway? Whole-leaf green tea that's been finely ground, matcha has a deeper flavor than brewed tea and more of the antioxidants believed to ward off cancer, lower blood pressure and boost brain power. Stir it into hot water or add it to sweet and savory foods for a fresh, grassy flavor. Get your green on for St. Patrick's Day with these quick ideas!

BY MARIDEL REYES AND SHAY SPENCE

Matcha ice cream

Mix 1 pint softened vanilla ice cream with 1 tbsp. matcha powder. Serve immediately or cover and freeze until ready to serve.



Matcha Bundt cake

Add 1 tbsp. matcha powder to a boxed yellow or white cake mix, pour into well-greased Bundt pan and bake according to package directions.





Matcha popcorn

In a large bowl, toss 8 cups popped popcorn with 2 tsp. matcha powder, ½ tsp. ground cumin, ½ tsp. ground coriander and ½ tsp. salt.

Shop talk

KIDDING AROUND!

Unlike the snack aisles, the produce department hasn't had much appeal for kids—until now. Supermarkets around the country, including Giant Eagle and Walmart, are tweaking the departments to include **special kids' sections**. The new displays (rolling out in more than 1,500 stores) feature fruit and veggie packs designed with the same splashy packaging and fun seasonings usually reserved for snack foods. Look for Bolthouse Farms' new Veggie Snackers—single servings of **baby carrots with ranch or chili-lime seasoning packets**—as well as smoothies and flavored yogurts by other brands. The kid-targeted produce costs a little more (baby carrots are $3.99 for a 4-pack) but it may be worth it to convince the little ones that veggies can be a treat. BY BETH JANES



6. Get the flavor of pickled hot peppers in a chip with **Kettle Brand Pepperoncini Chips**. *($3.49)*

7. What's a **Bertolli Italian Style Torta**? Imagine a pot pie filled with pizza toppings like sausage and molten cheese. *($2.99)*

8. Fruit Bliss Organic whole-fruit snacks (figs, apricots and more) contain no added sugar or preservatives. *($5.49)*

9. After a 10-year hiatus, **M&M's Crispy Chocolate Candies**, with puffed rice, are back on supermarket shelves! *($1.09)*

10. Stonefire Mini Naan is just the right size to dip into curry or dress up into appetizers. *($2.99)*



MATCHA POWDER, ICE CREAM, AND POPCORN: PHOTOS BY PETER ARDITO; FOOD STYLING BY JAMIE KIMM. BUNDT CAKE: ISTOCKPHOTO.COM. CHECKOUT ITEMS: PHOTOS BY PETER ARDITO. ILLUSTRATION: MIKEY BURTON.

Seeing stars

Look who's hawking!

Celebs aren't shy about endorsing supermarket products. Match the stars to the products they've peddled.

BY MICHELLE PILLEPICH



ANSWERS: Stephen Colbert: 7, Wonderful Pistachios; Kate Upton: 11, Hot Pockets; Bobby Flay: 10, Fage; Kelly Ripa: 4, Jif Hazelnut Spreads; Method Man: 3, Sour Patch Kids; Jamie Lee Curtis: 2, Activia; Christina Applegate: 1, Fruitwater; Eva Longoria: 12, Lay's Potato Chips; Jane Krakowski: 8, Trop50; John Stamos: 5, Oikos; Rachel Bilson: 9, Magnum ice cream; Katy Perry: 6, Popchips.

11. Quinoa, beans, peppers and more go into these kid-friendly **MorningStar Farms Garden Veggie Nuggets**. *($5.49)*

12. Use **Earthbound Farm Kale Italia**—a mix of baby kale, mizuna, arugula and radicchio—as a hearty base for a salad. *($4.99)*

13. Peanut Pretzel Snappers are addictive clusters draped in caramel and chocolate. Beware of the big bag! *($6.99)*

14. Made with naturally sweet, zero-calorie monk fruit, **Kohana Cold Brew Coffee** is a low-cal pick-you-up. *($2.99)*

15. Easy-to-make **Birch Benders Just-Add-Water Pancake & Waffle Mix** is available in a gluten-free version. *($4.99)*



STEPHEN COLBERT: PACE/BEIMAGES; KATE UPTON: PICTURE PERFECT/REX USA; BOBBY FLAY: S_BUKLEY/SHUTTERSTOCK.COM; KELLY RIPA: PACE/BEIMAGES; METHOD MAN: GETTY IMAGES; JAMIE LEE CURTIS: SMEAL/BEIMAGES; CHRISTINA APPLEGATE: ISTOCKPHOTO.COM; EVA LONGORIA: GETTY IMAGES; JANE KRAKOWSKI: MEDIAPUNCH/REX USA; JOHN STAMOS: GETTY IMAGES; RACHEL BILSON: GETTY IMAGES; KATY PERRY: MASATOSHI OKAUCHI/REX USA. JIF CHOCOLATE HAZELNUT SPREAD: JIF.COM. ALL OTHER PHOTOS BY PETER ARDITO.

Go green!

From lime to kelly to forest, this month's hottest hue has a ton of range, and it stars in a dozen adorable must-haves for St. Paddy's—or any day! BY LISA FREEDMAN

GETTING FESTIVE FOR ST. PADDY'S DAY? Go to **RachaelRayMag.com/stpaddys** for treats and meals.



1. Keep thirsty plants happy with the two-gallon **Pour & Store Watering Can**; the spout rotates for compact storage. *$25, oxo.com* **2.** Visitors will get a hoot out of a **Ceramic Owl Vase**. (And this is a bird with presence; he's more than a foot tall.) *$50, overstock.com* **3.** What to serve in the **Woodworth 3-Piece Bamboo Salad Set**? Greens, of course! *$40, apt2b.com* **4.** Pick up these **Magnetic Spice Storage Tins** in an unexpected non-metallic color. *$24 for 12, worldmarket.com* **5.** Corral lucky pennies in the **Wise Sayings Desk Tray**. *$25, flatofthehill.com* **6.** A corned beef and cabbage dinner will feel romantic lit by candlelight from this glass **Slimane Mosaic Votive Holder**. *$15, shiraleah.com*

PHOTOGRAPHY BY DAVID LEWIS TAYLOR



7. This **Passport Cover** has Rach's favorite color on the inside. *$40, jetpens.com* **8.** Store more than a week's supply of caffeine in this **Tea and Coffee Tin Set**. *$30, broadwaypanhandler.com* **9.** These **Found Cotton Towels** are big enough (30" by 60") to double as small tablecloths. *$30 for two, burkedecor.com* **10.** Now you know what to wear on March 17: a supersoft **Hello Sweatshirt**. *$50, blueribbongeneralstore.com* **11.** Add a cheery touch to clean-up time with a **Wood Handle Dish Brush**. *$12, anthropologie.com* **12.** Get slap happy with a retro **Slap Watch**. *$40, winkydesigns.com*

chunk.





Thicker cookies with chunkier chocolate chunks is the answer. The question doesn't matter.

Candy crush

Spring's most tempting beauty trend? Colors straight out of a classic sweet shoppe. Go ahead, treat yourself! BY ABBIE KOZOLCHYK

Red hots

Matching lips and nails in every hue from cherry to berry revved up the runways. Energize your own look with our pairings, whatever your taste in reds.



FOR A CLASSIC, RIGHT-DOWN-THE-MIDDLE RED:

1. OPI Nail Lacquer in Romantically Involved *($9.50, ulta.com)*

2. CoverGirl Colorlicious Lipstick in Succulent Cherry *($6, at drugstores)*

FOR A BRIGHT, CORAL-Y RED:

3. Patricia Nail Lacquer in Sacrifice *($9, rickysnyc.com)*

4. Urban Decay Sheer Revolution Lipstick in Sheer Slowburn *($20, sephora.com)*

FOR A BEAUTIFUL BURGUNDY:

5. Sally Hansen Triple Shine Nail Color in Redflection *($5, target.com)*

6. Chanel Rouge Coco Ultra Hydrating Lip Colour in Etienne *($36, chanel.com)*

PHOTOGRAPHY BY JAMES WORRELL

Eye candy

Blacker-than-black, licorice-looking liner meant that even if you were a million miles from this spring's fashion shows, you could still see the models' eyes. To make yours pop, no matter how dramatic you want to go (thin, clean line? something smudged and smoky?), try one of these.



1. **Sephora Collection Outrageous Intense Waterproof Gel Eyeliner** lets you draw the finest of lines that won't run at the first sign of spring showers *($14, sephora.com).*

2. **L'Oréal Paris Infallible Smokissime Powder Eyeliner Pen** goes on like ink, then smudges into powder for a smoky cat eye *($10, at drugstores).*

3. **Maybelline New York Eye Studio Master Graphic Liquid Liner** is like a chisel-tip marker for eyes. To dial up the drama, use the broad side; otherwise, stick to the point *($8, at drugstores).*



1. Physicians Formula Argan Wear Ultra-Nourishing Argan Oil Blush not only looks delish, but is lightly scented, maxing out the confectionery effect *($13, at drugstores).*

2. Shiseido Shimmering Cream Eye Color in Lavande and Mousseline gives lids a lustrous wash of lavender and peachy-pink, respectively *($25, shiseido.com).*

3. Revlon ColorBurst Balm Stain in Cherish Devotion is a barely there but beautiful purply-pink *($9, at drugstores).*

4. Clarins Instant Light Lip Balm Perfector in My Pink adds a faint, flirty glaze to your natural lip color *($23, clarinsusa.com).*

Sweetness and light

Sweep on spring's sheer, opalescent jelly bean pastels for sweet, subtle color. They're so light, in fact, that you'll want to gorge on them: Wear them on your eyes, lips and cheeks all at once if you like; the look will still be soft and springy.

FOOD STYLING BY SUSAN OTTAVIANO; PROP STYLING BY JEN EVERETT.

Grab bags

Spring's hottest bags come in a rainbow of colors and sizes. They're all under $100—but you'll look like a million bucks!



1. Enjoy the look of the season with the suede ***Amber Fringe Crossbody***. *$98, dolcevitahandbags.com* **2.** The quilted ***Lower Case Mini Clutch*** has a shiny gold-chain shoulder strap. *$22, shoppriceless.com* **3.** The textured leather ***She + Lo Next Chapter Clutch*** is ready for a night out. *$98, nordstrom.com* **4.** Make a statement with the spacious ***Merona Tote***. *$50, target.com* **5.** At the office or gym, this ***Juicy Couture Sport Tote*** matches any outfit. *$99, kohls.com* **6.** Hold the essentials—phone, keys and cash—in the ***Mi Cosita Wristlet***. *$44, gypsiesanddebutantes.com* **7.** Wear the studded ***Camellia Foldover Crossbody*** over the shoulder or easily remove the strap to carry it in hand. *Jessica Simpson Collection, $84, ebags.com* **8.** The faux-leather exterior of the ***Mini Boxcar*** is a dead ringer for the real thing. *$98, zinkeveryday.com* **9.** Toting the ***Antonio D-String Messenger*** is a cinch! *$80, prettyships.com* **10.** The southwestern-inspired ***Printed Tote*** can take your look from spring to summer. *$22, aeropostale.com* **11.** The plastic ***Ziggy Mini Tote*** is perfect for rainy days. *$85, deuxlux.com*

MARKET EDITING BY JANE HARRISON FOX AND CARA APOTHEKER; PROP STYLING BY KRIS JENSEN.

PHOTOGRAPHY BY DAVID LEWIS TAYLOR

Saving People Money Since 1936

... that's before there were shopping carts.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO®



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2015 GEICO

© 2014 The Hillshire Brands Company

DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~3 chicken breast halves, cubed~~
~~2 tbsps. butter, divided~~
~~2 cloves garlic, minced, divided~~
~~2 tbsps. chopped flat-leaf parsley~~
~~1 1/2 tsps. Italian seasoning~~
~~1/2 onion, diced~~
~~1 1/2 tsps. salt~~
~~1/2 tsp. ground white pepper~~
8 oz. pasta, cooked, drained
2 cups heavy cream
2 tsp. Cajun seasoning
1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. ~~Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are translucent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

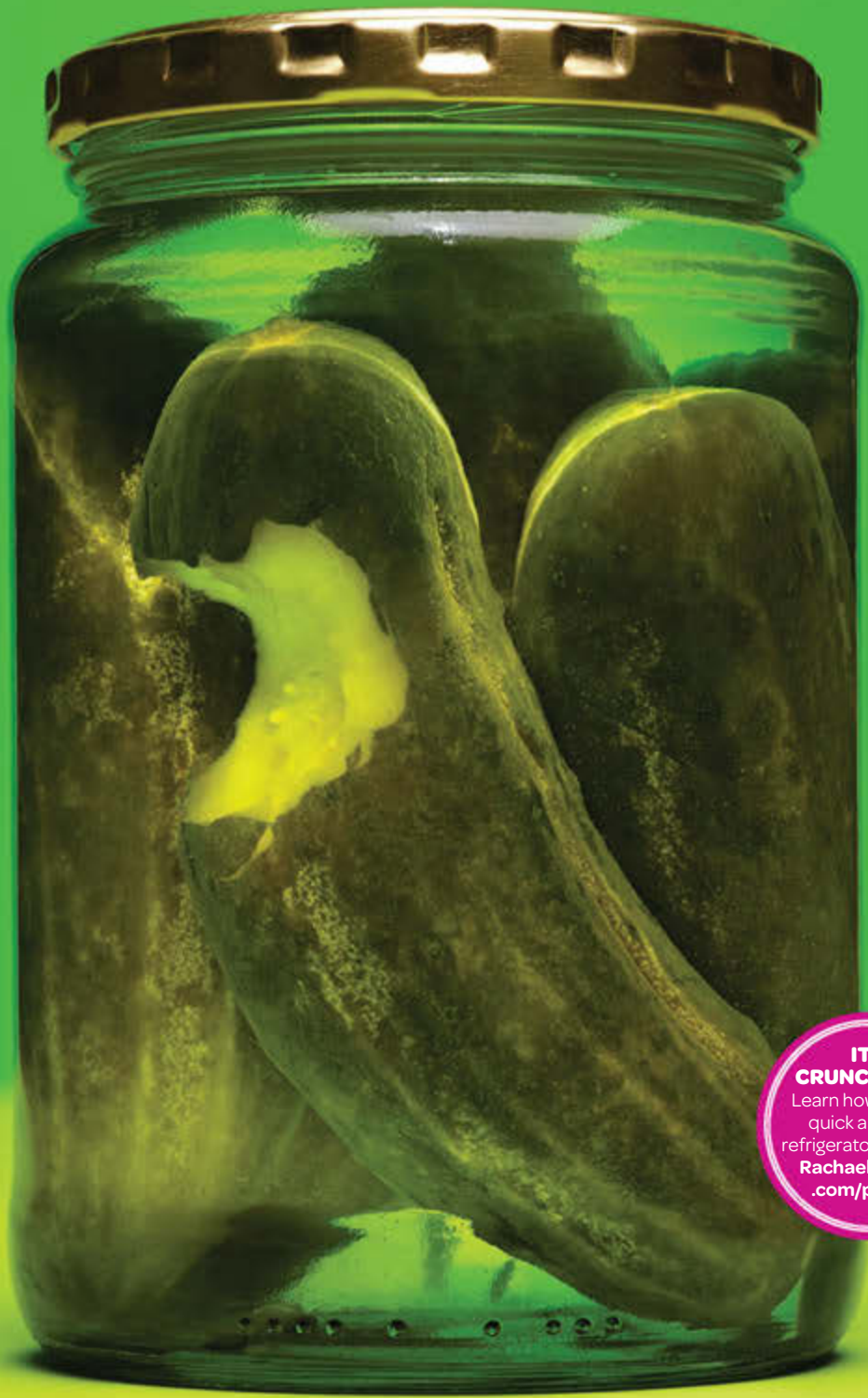
Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.

Since 1934 Hillshire Farm®

More 15 minute sensations at sausagesosimple.com

Take a bite outta life!

MARCH 2015



IT'S CRUNCH TIME! Learn how to make quick and easy refrigerator pickles at **RachaelRayMag.com/pickles**.

30-Minute Meals for Spring *p. 90* • **Muffin Mania!** *p. 100*
6 Handy Ways to Use Your Dutch Oven *p. 106*

FOOD STYLING BY MICHELLE GATTON.

PHOTOGRAPHY BY PLAMEN PETKOV

30 minute MEALS

BY RACHAEL RAY

This month, dinner is delicious and easy with recipes for quick pastas, hearty soups and fun sandwiches!



FOOD STYLING BY MICHELLE GATTON; PROP STYLING BY THOM DRIVER.

PHOTOGRAPHY BY CHARLES MASTERS



Espresso Chili with Beef & Black Beans

SERVES 4

- 2 tbsp. olive or canola oil
- 1½ lbs. ground sirloin (80% lean)
- 2 tbsp. chili powder, such as Gebhardt, or ground ancho chile powder (which is very mild)
- 1 rounded tbsp. instant espresso powder
- 1 scant tbsp. ground coriander
- 1 scant tbsp. ground cumin
- Salt and pepper
- 1 large or 2 medium onions, chopped
- 4 cloves garlic, chopped
- ¼ cup pickled jalapeño slices, chopped
- 2 tbsp. tomato paste
- 2 cups beef or veal stock
- 1 can (15 oz.) black beans, rinsed and drained
- 2 tbsp. Worcestershire sauce
- Toppings: minced red onions, cilantro, chopped radishes, chopped avocado, crumbled Fritos corn chips, crumbled queso fresco or shredded white cheddar

▷ In a Dutch oven or a large, deep skillet, heat the olive oil, two turns of the pan, over medium-high. Add the beef and cook, breaking into pieces with a spoon, until browned, about 5 minutes. Add the chili powder, espresso powder, coriander and cumin; season with salt and pepper. Cook, stirring constantly, about 1 minute. Add the onions, garlic and jalapeño. Partially cover and cook, stirring occasionally, until the vegetables soften, 6 to 8 minutes.

▷ Add the tomato paste; stir until blended, then add the stock, beans and Worcestershire sauce. Bring to a bubble, then reduce the heat to low and let simmer, stirring often, until flavors combine, about 5 minutes.

▷ Serve chili in shallow bowls with toppings of choice.

30 minute MEALS

Ground Turkey Ragu with Tagliatelle

SERVES 4

- About ¼ cup olive oil
- 1 lb. ground turkey, dark-and-white-meat blend
- 1 onion, finely chopped
- 1 carrot, grated or finely chopped
- 1 rib celery with leafy top, finely chopped
- 2 large cloves garlic, chopped
- About 2 tbsp. thinly sliced fresh sage
- About 2 tbsp. chopped fresh rosemary
- About 2 tbsp. chopped fresh thyme
- About ¼ cup chopped flat-leaf parsley
- 1 bay leaf
- Salt and pepper
- 1 cup dry white wine
- 1 can (28 oz.) whole peeled tomatoes (preferably San Marzano), crushed with your hands
- 1 lb. egg tagliatelle
- 2 tbsp. butter
- Freshly grated Parmigiano-Reggiano

▷ In a Dutch oven, heat the olive oil, four turns of the pan, over medium-high. Add the turkey and cook, breaking into pieces with a spoon, until browned, about 5 minutes. Add the onion, carrot, celery, garlic and herbs; season with salt and pepper. Partially cover and cook until the vegetables soften, about 5 minutes. Add the wine and cook until the wine is reduced to about ¼ cup, about 3 minutes. Add the tomatoes and reduce the heat to medium-low. Partially cover and cook until the sauce thickens, 15 to 20 minutes. Remove the bay leaf.

▷ Meanwhile, bring a large pot of water to boil for the pasta. Salt the water, add the pasta and cook to al dente. Reserve ½ cup of the starchy cooking water. Drain the pasta and return it to the pot. Add the butter, half the sauce and the cooking water; toss. Serve topped with more sauce and cheese.

DELICIOUS DISH!
This pretty platter (in Almond Cream) is part of my new Cucina line of cookware, dinnerware and serveware. Check out the collection at kohls.com.

Spicy Tomato Toast with Provolone

MAKES 4

	Softened butter, for greasing pan
8	slices good-quality whole-wheat bread, crusts trimmed
2	tbsp. olive oil
6	scallions, whites and greens thinly sliced on an angle
4	cloves garlic, very thinly sliced
1	red jalapeño or Fresno chile pepper, finely chopped, or a fat pinch crushed red pepper
3	tomatoes on the vine, sliced
1	tsp. dried oregano
	Salt and pepper
2	eggs
¼	cup whole milk
1½	cups (⅓-lb. chunk) shredded sharp provolone
	A few handfuls arugula or baby kale
½	lemon, juiced (about 1 tbsp.)
	EVOO, for drizzling

▷ Position a rack in the upper third of the oven; preheat to 425°.

▷ Grease a small rimmed baking sheet liberally with butter. Place 4 slices of bread on the baking sheet, arranging them next to each other to form a large square.

▷ In a medium skillet, heat the olive oil, two turns of the pan, over medium. Add the scallions, garlic and chile; stir until the mixture softens, about 2 minutes. Scatter the scallion mixture evenly over the bread **[A]**; top with an even layer of sliced tomatoes **[B]**. Season with the oregano, salt and pepper. Top the tomatoes with remaining bread to form sandwiches that are arranged tightly together like a Sicilian pizza.

▷ In a small bowl, beat the eggs and milk; season. Pour the egg mixture evenly over the bread **[C]**. Top with the provolone **[D]**. Bake the sandwiches until golden and heated through, 18 to 20 minutes.

▷ In a medium bowl, toss the greens with the lemon juice and EVOO; season. Serve the sandwiches with the greens.













GET GREENER VEGGIES!
SEE P. 116

Tartine with Eggs & Asparagus

MAKES 4

- Salt
- 1 bundle asparagus (about 1 lb.), tough ends trimmed
- 4 long, thin (¼ to ½ inch thick) slices peasant-style bread
- 1 clove garlic, halved
- EVOO, for drizzling
- Flaky sea salt
- 8 eggs
- ⅓ cup whole milk
- ½ cup freshly grated Parmigiano-Reggiano
- Pepper
- 1 tbsp. butter

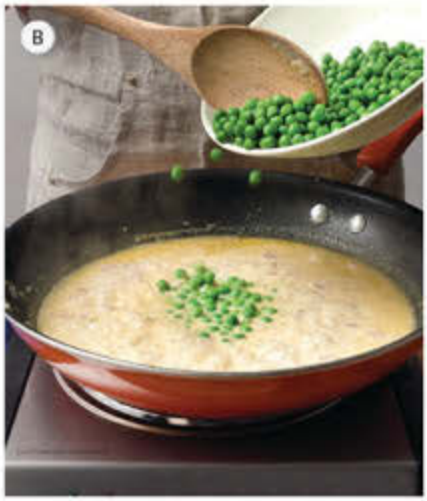
▷ In a skillet, bring 2 inches of water to a boil. Salt the water, add the asparagus and simmer until crisp-tender, about 3 minutes. Using a slotted spoon, transfer the asparagus to a large bowl of ice water; let cool and drain. Cut the top 4 inches from the asparagus spears and set aside. Thinly slice the bottom halves of the asparagus spears.

▷ Preheat the broiler or a grill pan over high. Cook the bread until toasted and charred in spots. Rub the toasts with the cut sides of the garlic clove. Drizzle with the EVOO and sprinkle with flaky salt.

▷ In a medium bowl, whisk the eggs, milk, thinly sliced asparagus and cheese. Season with pepper.

▷ In a large skillet, melt the butter over medium. Add the egg mixture and cook, stirring occasionally, until the eggs begin to firm up. Mound the eggs on the toasts and arrange the asparagus tips on top.









30 minute MEALS

Penne with Pancetta, Peas & Mascarpone

SERVES 4

- 2 tbsp. olive oil
- ¼ lb. pancetta, diced
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- ½ cup dry white wine
- 1 cup chicken stock
- ¼ cup heavy cream
- 2 cups frozen peas
- Salt and pepper
- 1 lb. penne pasta
- ¾ cup mascarpone
- 1 tbsp. fresh lemon juice
- Grated pecorino cheese, for garnish
- Mint and parsley, finely chopped, for garnish

▷ Bring a large pot of water to a boil for cooking the pasta.

▷ Heat a skillet over medium to medium-high. Add the olive oil, two turns of the pan. Add the pancetta and stir 2 minutes **[A]**. Add the onion and garlic, stir to soften a few minutes more, then add the wine and cook until the wine evaporates. Add the stock and bring to a bubble. Add the cream and reduce the heat to medium-low. Add the peas **[B]**; season with salt and pepper.

▷ Salt the boiling water, add the pasta and cook to al dente. Reserve ½ cup of the starchy cooking water; drain the pasta.

▷ Stir the mascarpone, lemon juice and the cooking water into the pea mixture **[C]** until a sauce forms. Toss with the penne and season. Serve the pasta in shallow bowls topped with a little pecorino, mint and parsley.

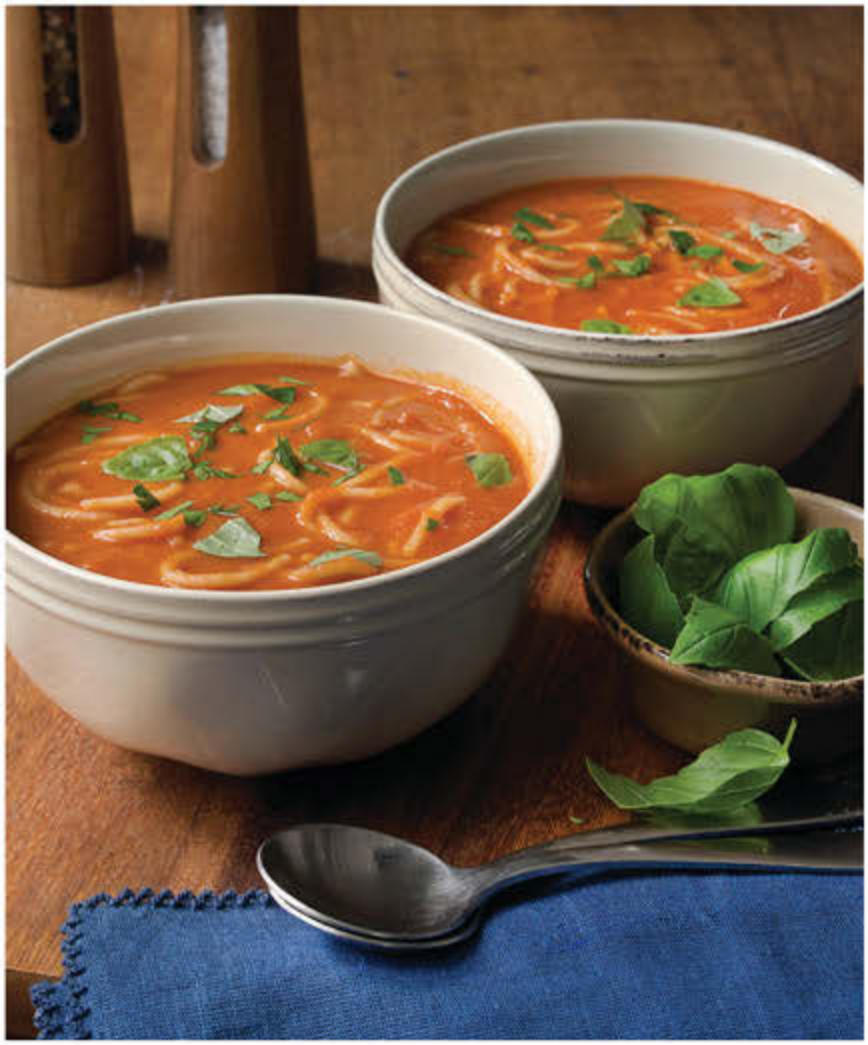
30 minute MEALS











Quick Tomato Soup with Balsamic Vinegar & Toasted Pasta

SERVES 4

- 2 tbsp. butter
- ¼ lb. thin spaghetti, broken into 1- to 2-inch pieces
- 2 tbsp. olive oil
- 1 onion, chopped
- 1 rib celery with leafy top, chopped
- 2 carrots, grated
- 2 cloves garlic, sliced
- Salt and pepper
- 1 tbsp. light honey, such as acacia, or superfine sugar
- 2 tbsp. balsamic vinegar
- 1 can (28 oz.) whole peeled tomatoes (preferably San Marzano), crushed with your hands
- 2 cups passata or tomato puree
- 1 qt. chicken or vegetable stock
- A few leaves of basil, torn
- Minced fresh parsley

▷ In a small skillet, melt the butter over medium heat. When the butter foams, add the uncooked pasta and cook, stirring often, until toasted and golden, about 3 minutes **[A]**.

▷ Meanwhile, in a Dutch oven, heat the olive oil, two turns of the pan, over medium to medium-high. Add the onion, celery, carrots and garlic **[B]**; season with salt and pepper. Cover and cook, stirring occasionally, until the vegetables are tender, 6 to 7 minutes.

▷ Uncover, stir in the honey, then stir in the vinegar **[C]**, scraping up any browned bits on the bottom of the pot. Add the tomatoes, passata and stock. Using an immersion blender or working in batches in a food processor, puree the soup **[D]**. If using a food processor, return the soup to the pot and bring to a boil. Add the toasted pasta and simmer until tender, about 8 minutes. Divide soup among bowls; top with basil and parsley.

30 minute MEALS

Shells with Spinach, Ricotta & Crispy Mushrooms

SERVES 4

- 4 shallots—peeled, halved and thinly sliced lengthwise
- ¾ lb. maitake (hen-of-the-woods) mushrooms, separated into small pieces
- About 3–4 tbsp. olive oil
- Salt and pepper
- 4 tbsp. butter
- 4 large cloves garlic, chopped
- 1 lb. spinach, stemmed and chopped
- About ¼ tsp. freshly grated or ground nutmeg
- 1 lb. large shells with ridges (conchiglie)
- 1 cup ricotta
- 1 egg yolk, or, if you prefer not to eat dishes with raw egg, ¼ cup light cream

▷ Preheat the oven to 475°. On a baking sheet, toss the shallots and mushrooms with about 3 tbsp. oil; season with salt and pepper. Roast, tossing once, until crispy, 20 minutes.

▷ Bring a large pot of water to a boil for the pasta.

▷ In a large skillet, heat the butter with 1 tbsp. olive oil over medium. Add the garlic; cook, stirring often, about 2 minutes. Add the spinach; season with salt, pepper and nutmeg. Cook until the spinach wilts. Reduce the heat to low and cover.

▷ Salt the boiling water, add the pasta and cook to al dente. Drain the pasta, reserving the starchy cooking water.

▷ Place the ricotta in a serving bowl. In a small bowl, temper the egg by whisking the yolk while gradually streaming in a ladleful of hot pasta water. (This will gently cook the yolk and make the sauce creamy.) Stir the egg into the ricotta. (If using cream, stir the cream and ½ cup starchy cooking water into the ricotta.) Toss with the spinach mixture and pasta; season.

▷ Divide the pasta among bowls; top with mushrooms.





Fusilli with Cauliflower

SERVES 4

- 1 head cauliflower, cut into florets
- About ¼ cup olive oil
- ¼ lb. pancetta
- 1 red onion, finely chopped
- 2–3 large cloves garlic, thinly sliced
- 1 small red jalapeño or Fresno chile pepper, finely chopped, or a fat pinch crushed red pepper
- Salt and pepper
- 1 lb. fusilli pasta
- 3 tbsp. tomato paste
- ½ cup dry white wine
- A fat handful flat-leaf parsley, finely chopped
- Freshly grated Parmigiano-Reggiano

▷ Bring a large pot of water to a boil. Add the cauliflower; cook until crisp-tender, about 5 minutes. Using a slotted spoon, transfer the cauliflower to a bowl of ice water (reserve the cooking water). Let the cauliflower cool; drain. Boil the reserved water for the pasta.

▷ In a large skillet, heat the oil over medium-high. Add the pancetta; cook, stirring often, until the fat renders, 2 to 3 minutes. Add the onion, garlic and chile; cook until softened, 3 to 4 minutes. Add the cauliflower; cook, stirring occasionally, until browned in spots, about 5 minutes.

▷ Salt the boiling water. Add the pasta; cook to al dente. Reserve 1 cup of the starchy cooking water; drain the pasta.

▷ Stir the tomato paste into the cauliflower mixture; cook for 1 minute. Add the wine; shake the skillet until the wine almost evaporates, 2 to 3 minutes. Add the pasta water, pasta and parsley; toss. Season with salt and pepper. Top with cheese.

30 minute MEALS



Cream of Spinach Soup

SERVES 4

I serve this soup with toasted ciabatta that's been rubbed with garlic, drizzled with EVOO and sprinkled with flaky sea salt.

- 1 qt. vegetable or chicken stock
- 4 tbsp. butter
- 1 medium onion, chopped
- 2 large shallots, chopped
- 3–4 cloves garlic, chopped or thinly sliced
- About ¼ cup flour
- 1½ lbs. spinach, stemmed and coarsely chopped
- Juice of ½ lemon (about 1 tbsp.)
- Salt and pepper
- About ⅓–½ cup heavy cream
- Freshly grated or ground nutmeg, to taste
- Cayenne, piment d'Espelette, hot paprika or ground red pepper, to taste

▷ In a medium saucepan, bring the stock to a simmer over medium heat.

▷ Meanwhile, in a large pot, melt the butter over medium heat. When it foams, add the onion, shallots and chopped garlic. Partially cover and cook, stirring occasionally, until the vegetables soften, about 5 minutes. Add the flour, whisk for a minute or so, then whisk in the warm stock. Add the spinach and stir until wilted. Simmer 10 to 15 minutes. Add the lemon juice and season with salt and pepper.

▷ Using an immersion blender or working in batches in a high-powered blender or food processor, puree the soup. If using a blender or food processor, return the soup to the pot. Stir in the heavy cream and simmer over low heat 5 minutes. Season to taste with nutmeg and a bit of cayenne or ground red pepper.





Asparagus Risotto

SERVES 4

1	qt. chicken stock
	A fat pinch of saffron threads
2	tbsp. olive oil
¼	lb. pancetta, diced
1	onion, finely chopped
2–3	large cloves garlic, finely chopped
1	bundle asparagus (about 1 lb.)—tough ends trimmed and stalks thinly sliced on a sharp angle, leaving 1 inch of the tip intact
1¼	cups arborio rice
	Salt and pepper
	About ¾ cup dry white wine
2	tbsp. butter
	About ½ cup freshly grated Parmigiano-Reggiano, plus more to pass at the table

▷ In a medium saucepan, bring the stock, saffron and 1 cup water to a simmer over medium. Reduce the heat to low and cover.

▷ In a round-bottom pan or a large skillet, heat the olive oil, two turns of the pan, over medium to medium-high. Add the pancetta and cook, stirring often, until the fat renders, 2 to 3 minutes. Add the onion, garlic and thinly sliced asparagus stalks. Cook, stirring often, until the onion softens, 2 to 3 minutes. Add the rice; stir 1 minute. Season with salt and pepper. Add the wine and stir until evaporated, 1 to 2 minutes. Add the broth mixture 1 cup at a time, stirring between additions, until almost absorbed, 18 minutes for al dente risotto. Stir in the asparagus tips during last 5 minutes of cooking. To finish, stir in the butter, then the cheese and season to taste.

Muffin MANIA!

PB&J! Bacon-Maple! Zucchini-Dill! We've got a dozen sweet and savory flavors you won't find at your local bakery—and they all start with the same easy batter. Ready! Set! Bake!



BY JANET TAYLOR McCRACKEN AND ROCHELLE PALERMO | PHOTOGRAPHY BY ROMULO YANES

FOOD STYLING BY CHRIS LANIER; PROP STYLING BY PAIGE HICKS.


Top it off!
To make sure the pretty domed tops show, use paper liners that are 1¼ inches high. Find them in supermarkets or online at shopsweetlulu.com.

Batter up!

Begin with this easy, all-purpose muffin recipe, then choose mix-ins, simple glazes and fun toppings to help you turn out deliciousness by the dozen!

Basic muffin mix

MAKES 12 ***PREP*** 10 MIN ***BAKE*** 15 MIN

The key to tender muffins? Don't overmix the batter. It's fine if there are still a few specks of flour showing.

- 2 cups flour
- 2 tsp. baking powder
- ¾ tsp. salt
- ⅔ cup buttermilk
- ⅔ cup vegetable oil
- 2 eggs
- Mix-ins and toppings

1. Preheat the oven to 400°. Line a 12-cup muffin pan with 1¼-inch paper liners. In a bowl, whisk the flour, baking powder and salt. In a large bowl, whisk the buttermilk, oil and eggs. Add the dry ingredients to the wet mixture, along with any mix-ins, and fold until just barely blended.

2. Divide the batter among the liners (fill about three-quarters); add toppings if called for. Bake until puffed and golden brown and a toothpick inserted into the center comes out clean, 13 to 17 minutes. Cool in the pan. Garnish if called for.

1 Cheesy-Herb

2 Berry Crumble

3 Iced Cinna-Roll



1. Cheesy-Herb

To the dry ingredients: Stir in ½ cup grated Gruyère, ⅓ cup grated Parmesan and 1 tbsp. each chopped fresh thyme, tarragon and chives.
Before baking: Top each muffin with ½ tbsp. grated Gruyère and a pinch of fresh thyme leaves.

2. Berry Crumble

To the dry ingredients: Whisk in 1 tsp. ground cardamom, then stir in 2 cups fresh or frozen mixed berries.
To the wet ingredients: Whisk in ¾ cup sugar and ½ tsp. almond extract.
Before baking: Rub ⅓ cup flour, ⅓ cup (packed) light brown sugar, ⅓ cup sliced almonds and 3 tbsp. softened butter with fingertips until clumps form; sprinkle over muffins.

3. Iced Cinna-Roll

To the dry ingredients: Whisk in 2 tsp. ground cinnamon.
To the wet ingredients: Whisk in ¾ cup sugar and 1 tsp. vanilla extract.
Before baking: Sprinkle each muffin with cinnamon sugar (3 tbsp. sugar mixed with 1 tbsp. ground cinnamon).
After baking: Mix 1 cup confectioners' sugar with 1 tbsp. water (add more if too thick). Drizzle over cooled muffins. Sprinkle with more cinnamon sugar and cinnamon candies.

4. Choco-Hazelnut

To the dry ingredients: Stir in 7 oz. chopped bittersweet chocolate, 1 cup chopped toasted hazelnuts, ¼ cup natural unsweetened cocoa powder and 2 tbsp. instant espresso.
To the wet ingredients: Whisk in ¾ cup sugar and ½ cup chocolate-hazelnut spread, such as Nutella.
Before baking: Top each muffin with ½ tsp. raw sugar.

5. Lemon-Coconut

To the dry ingredients: Stir in 1 cup unsweetened coconut flakes.
To the wet ingredients: Whisk in ¾ cup sugar and 4 tsp. lemon zest.
Before baking: Top each muffin with 1 tbsp. unsweetened coconut flakes, pressing to adhere.

6. Zucchini-Dill

To the wet ingredients: Stir in 1 cup grated zucchini, ¼ cup chopped fresh dill and ½ cup crumbled feta.
Before baking: Top each muffin with 2 thin zucchini slices brushed with vegetable oil; sprinkle with pepper.

Great scoop!
Use a trigger-style ice cream scoop to easily transfer the batter from the bowl to the paper liners. No drips!


7
PB&J
8
Birthday Cake
9
Carrot-Cumin



Size it up!
Wanna go bigger—or smaller? These recipes make 12 standard, four jumbo or 36 mini muffins.

7. PB&J

To the wet ingredients: Whisk in ¾ cup sugar and ½ cup peanut butter.
Before baking: Top each muffin with 1 rounded tsp. jam; using a small knife, swirl into the batter. Sprinkle with halved or chopped salted peanuts.

8. Birthday Cake

To the dry ingredients: Whisk in 1 cup rainbow sprinkles.
To wet ingredients: Whisk in ¾ cup sugar and 1 tsp. vanilla extract.
After baking: Mix 1 cup confectioners' sugar with 1 tbsp. fresh lemon juice (add more if too thick). Drizzle over cooled muffins; decorate.

9. Carrot-Cumin

To the dry ingredients: Whisk in 1 tsp. ground cumin.
To the wet ingredients: Stir in 1 cup (lightly packed) finely grated peeled carrot and 1 tbsp. orange zest.

10. Bacon-Maple

To the dry ingredients: Preheat the oven to 400°. On a baking sheet lined with foil, arrange 1 lb. thick-cut bacon; brush with ⅓ cup pure maple syrup. Bake until crispy, 20 minutes. Coarsely chop. Add bacon, 1 cup toasted chopped walnuts and 1 tsp. pepper.
To the wet ingredients: Whisk in ¼ cup pure maple syrup and ¼ tsp. maple extract (optional).
Before baking: Brush the top of each muffin with pure maple syrup.

11. Fruit Punch

To the dry ingredients: Stir in ⅔ cup chocolate-covered raisins, ⅓ cup dried cranberries, ⅓ cup dried cherries and ⅓ cup chopped crystallized ginger.
Before baking: Top each muffin with 1 tsp. chopped crystallized ginger.

12. Everything

To the dry ingredients: Whisk in 1 tsp. caraway seeds and 2 tbsp. each dried minced garlic, dried minced onion, poppy seeds and sesame seeds.
Before baking: In a small bowl, whisk ¼ tsp. caraway seeds and 1 tsp. each dried minced garlic, dried minced onion, poppy seeds and sesame seeds. Brush muffin tops with beaten egg; sprinkle with the seed mixture.



Go Dutch!

If there's one piece of kitchen gear that can truly do it all, it's a cast-iron **Dutch oven**. What other vessel will last you a lifetime (or two!) and handle any task you toss at it, whether you're braising meat, frying fish or even baking bread? Consider this your one-stop pot!

BY MOLLY STEVENS | PHOTOGRAPHY BY RYAN LIEBE

Short Ribs with Soy and Scallions

SERVES 6 ***PREP*** 50 MIN
COOK 2 HR 30 MIN

- 12 3- to 4-inch bone-in beef short ribs (about 4½ lbs. total)
- 1 tbsp. vegetable oil
- 1 bunch scallions, trimmed
- ⅔ cup dry sherry or white wine
- 2 cups chicken stock
- ⅔ cup soy sauce
- ¼ cup brown sugar
- 3 pods star anise
- 2 cloves garlic, peeled and smashed
- 1 tsp. grated peeled ginger
- 1 package (14 oz.) rice noodles, cooked to package directions

1. Position a rack in the lower third of the oven; preheat to 325°. Season the ribs with salt and pepper. In a 5- to 6-quart Dutch oven, heat the oil over medium-high. Working in batches, brown the ribs on both sides, reducing the heat if needed to prevent burning, about 13 minutes per batch. Transfer the ribs to a plate. Drain the fat from the pot and return to the stove.

2. Cut 2 inches off the white end of the scallions; slice the green parts for garnish. Heat the Dutch oven over medium; add the sherry and cook, scraping up any browned bits, 1 minute. Add the stock, soy sauce, brown sugar, star anise, garlic, ginger and the scallion whites. Bring to a simmer, stirring until the sugar dissolves. Return the ribs to the pot, fitting them together snugly in an even layer. Cover, transfer to the oven and cook until the meat is fork-tender, about 2½ hours.

3. Transfer the ribs to a platter. Strain the braising liquid into a small pitcher; discard the solids. Skim the fat from the liquid. Toss the noodles with some of the braising liquid and divide among plates. Top each portion with 2 ribs. Drizzle with the remaining braising liquid; sprinkle with the scallion greens.

PRAISE THE Braise

The best way to tenderize tough cuts of meat like short ribs? Sear them, then slow-cook them with a touch of liquid (aka braise)—and a Dutch oven does both beautifully. The pot gets screaming hot to create a browned crust, then the lid traps moisture and flavor so your dinner gets more delicious by the minute.

FOOD STYLING BY MAGGIE RUGGIERO; PROP STYLING BY VICTORIA PETRO-CONROY.

Simmer DOWN

Since cast-iron Dutch ovens retain heat better than any other pot, they're great at keeping liquids perking along at a low, slow, steady simmer. This kind of gentle cooking gives you fork-tender meat (like the wine-infused chicken thighs here) and flavorful juices.

Easy Coq au Vin

SERVES 4 TO 6 ***PREP*** 45 MIN
COOK 45 MIN

- 3 slices thick-cut bacon (3 to 4 oz.), cut into ½-inch pieces
- 2 tsp. olive oil
- 8 bone-in, skinless chicken thighs
- 12 oz. frozen pearl onions
- 12 oz. mushrooms, preferably cremini (baby bella), trimmed and cut in half
- 1 tbsp. tomato paste
- 1½ tsp. chopped fresh thyme
- 2 cloves garlic, minced
- 1 cup dry red wine
- 2 cups chicken stock
- 3 tbsp. cornstarch
- Crusty bread, for serving

1. In a 5- to 6-quart Dutch oven, cook the bacon in the oil over medium until browned but not too crispy, about 5 minutes. Using a slotted spoon, transfer the bacon to a small bowl. Season the chicken with salt and pepper. Increase the heat to medium-high. Working in batches, cook the chicken until golden brown, about 5 minutes per side. Transfer the chicken to a plate.

2. Add the onions and mushrooms to the pot and cook, stirring occasionally, until they begin to soften, about 2 minutes; season. Stir in the tomato paste, thyme and garlic. Add the wine and cook, scraping up any browned bits, until wine is reduced by half, about 5 minutes. Add the stock and bring to a simmer. Return the chicken and any juices to the pot. Reduce the heat to low, partially cover and gently simmer, turning the chicken once or twice, until the chicken is cooked through and the onions are tender, about 40 minutes.

3. In a small bowl, dissolve the cornstarch in 3 tbsp. water. Transfer the chicken to a plate. Increase the heat to medium-high and bring the cooking liquid to a boil. Add the cornstarch mixture and stir until thickened, about 3 minutes; season. Return the chicken and bacon to the pot, stirring to coat. Serve in shallow bowls with crusty bread.



Bake IT EASY

One of the most surprising charms of the Dutch oven is that it turns out lovely loaves. Dumping soft dough into a preheated pot gives the bread an initial blast of heat, while the lid traps the steam. Both work together to create a light, airy crumb and a crackly crust.

Pancetta and Black Pepper Bread

MAKES 1 LOAF ***PREP*** 35 MIN (PLUS RISING) ***BAKE*** 30 MIN (PLUS COOLING)

- 3 oz. diced pancetta
- 1 packet (2¼ tsp.) active dry yeast
- ½ tsp. sugar
- 3 cups flour, plus more as needed
- 2 tsp. freshly ground black pepper
- 1½ tsp. salt
- ½ cup diced provolone, preferably aged
- Olive oil, for greasing
- Cornmeal, for dusting

1. In a medium skillet, cook the pancetta over medium until crispy, about 6 minutes; transfer to paper towels to drain.

2. In a large bowl or the bowl of a stand mixer with the dough hook attachment, add 1⅓ cups warm (110° to 115°) water. Sprinkle the yeast over the water. Add the sugar; stir until dissolved. Let stand until mixture is foamy, about 10 minutes. Stir in 1 cup flour, the pepper and salt. Mix in the pancetta and cheese. Add the remaining 2 cups flour. Mix until a shaggy dough forms.

3. Transfer the dough to a floured surface. Knead by hand (or mix on medium-low), until a slightly sticky dough forms, about 6 minutes. Using floured hands, shape the dough into a ball; place in an oiled bowl. Turn to coat in the oil, cover with a towel and let rise in a warm, draft-free place until doubled in size, 45 minutes to 1 hour.

4. Line another large bowl with a towel; dust with cornmeal. Punch down the dough, reshape into a ball and place, seam-side up, in the bowl. Loosely fold the towel over the dough; let rise 20 minutes.

5. Meanwhile, position a rack in the lower third of the oven. Set a 5- to 6-quart covered Dutch oven on the rack; preheat to 450°. After 20 minutes, remove the Dutch oven, uncover and dust with cornmeal. Uncover the dough. Invert the bowl over the Dutch oven, letting the dough land in the bottom. Slice a deep X in the center of the dough. Cover; bake until golden and a thermometer inserted into the center of the loaf registers 190°, about 30 minutes. Transfer the bread to a rack. Let cool completely.

Beer-Battered Fish and Chips

SERVES 4 TO 6 ***PREP*** 25 MIN
COOK 40 MIN

- 2 medium russet potatoes
- 2 tsp. dry mustard
- ¾ cup mayonnaise
- ¼ cup bread-and-butter pickles, chopped, plus pickle juice to taste
- 1 tbsp. capers, chopped, plus caper juice to taste
- 1½ cups flour, plus more for dusting
- 2 tsp. baking powder
- 2 tsp. Old Bay Seasoning
- 8 cups peanut or canola oil
- 1 bottle (12 oz.) cold lager
- 1½–2 lbs. skinless halibut, cod or haddock fillets, cut into ¾-inch strips
- Lemon wedges, for serving

1. Fill a large bowl with ice water. Using a handheld slicer or food processor fitted with the slicing blade, slice the potatoes and place in the ice water.

2. In a medium bowl, dissolve 1 tsp. of the dry mustard in 1 tsp. cold water. Let sit 10 minutes. Stir in the mayonnaise, pickles and capers; add the pickle and caper juices to taste. Cover the tartar sauce and refrigerate.

3. In a medium bowl, mix the remaining 1 tsp. mustard, the flour, baking powder and 1 tsp. Old Bay.

4. In a 5- to 6-quart Dutch oven, heat the oil over medium until a deep-fry thermometer registers 365° to 375°. Drain the potatoes; pat dry. Working in batches, fry the potatoes, turning occasionally, until golden, 3 to 4 minutes per batch. (Adjust the heat to maintain temperature.) Using a slotted spoon, transfer chips to a paper towel–lined baking sheet. Season immediately with the remaining 1 tsp. Old Bay and salt.

5. Return the oil to 365°. Whisk the beer into the flour mixture. Pat the fish dry; season with salt and pepper. Dust with flour, shaking off the excess. Coat in the batter. Working in batches, fry the fish, turning occasionally, until golden, about 5 minutes per batch. (Adjust the heat to maintain temperature.) Transfer to a paper towel–lined baking sheet; season. Serve the fish with chips, tartar sauce and lemon wedges.



GET YOUR *Fry* ON

Perfectly fried food that's golden, crispy and not at all greasy has everything to do with holding oil at the right temperature. A cast-iron Dutch oven does just that, and the high sides keep oil from spattering on you or your stovetop.

WHICH OIL AND WHY?
SEE P. 117

Lamb Stew with Polenta

SERVES 6 *PREP* 45 MIN *COOK* 2 HR

- 3 lbs. lamb stew meat (preferably shoulder), cut into 1½-inch cubes
- 2 tbsp. olive oil, plus more as needed
- 2 medium onions, chopped
- 2 carrots, peeled and chopped
- 3 cloves garlic, sliced
- 2 tsp. chopped fresh rosemary
- 1 can (28 oz.) diced tomatoes
- ½ cup light cream
- ½ cup polenta or instant polenta
- 2 tbsp. butter
- Chopped fresh basil, for garnish

1. Season the lamb with salt and pepper. In a 5- to 6-quart Dutch oven, heat the oil over medium-high. Working in batches, brown the lamb on all sides, adding more oil as needed and reducing the heat if the lamb begins to burn, about 5 minutes per batch. Transfer the lamb to a plate. Pour all but 1 tbsp. of fat from the pot.

2. Heat the remaining drippings over medium. Add the onions and carrots; season. Cook, stirring often, until the vegetables just begin to brown, about 5 minutes. Add the garlic and rosemary; cook, stirring often, until fragrant, about 1 minute. Add the tomatoes. Swish 1 cup of water in the tomato can; add the water to the pot. Stir in the cream and return the lamb with any juices to the pot. Cover and reduce the heat to low. Simmer, stirring occasionally and adding water by ¼ cupfuls if too dry, until the lamb is tender, 1½ to 2 hours; season.

3. Meanwhile, in a medium saucepan over medium, bring 6 cups of water and 1 tbsp. salt to a boil. Gradually add the polenta, whisking to prevent lumps. Reduce the heat to low and simmer, stirring often until smooth and thick, 20 to 30 minutes for regular polenta and about 5 minutes for instant polenta. Stir in the butter.

4. Spoon the polenta into shallow bowls and ladle the stew on top. Garnish with the chopped basil.

Stew ON IT

No pot is better for sauces and stews than the Dutch oven: The deep sides and even distribution of heat allow liquids to reduce gradually with less stirring and worrying about sticking and burning.

Roast IT RIGHT

A substantial hunk of meat deserves a substantial pot. Roasting in a covered cast-iron Dutch oven helps large cuts cook evenly. Finishing the roast with the lid off creates a browned crust that looks great—and tastes even better.



Cuban-Style Pork Roast

SERVES 6 TO 8 ***PREP*** 10 MIN (PLUS MARINATING) ***COOK*** 3½ HR

- 1 tbsp. paprika
- 1 tbsp. dried oregano
- 1 tbsp. ground cumin
- 1½ tsp. garlic powder
- 1 boneless pork shoulder roast (5 lb.), tied if needed
- ¼ cup fresh orange juice
- 2 tbsp. fresh lime juice

1. In a large bowl, combine the paprika, oregano, cumin and garlic powder with 1½ tsp. salt and 1½ tsp. pepper. Add the pork and rub all over with the spice mixture. Transfer the pork to a resealable plastic bag, adding any seasoning that didn't adhere. Add the orange and lime juices. Seal the bag; turn a few times to distribute the mixture. Place in a large bowl and refrigerate for at least 12 and up to 24 hours, turning once or twice. Remove the pork and pat dry.

2. Position a rack in the lower third of the oven; preheat to 325°. In a 5- to 6-quart Dutch oven, arrange the pork, fat side up. Cover and cook 1 hour. Remove the pot from the oven and turn the pork, fat side down. Cover and continue to cook until the pork is fork-tender, 1½ hours longer. Increase the oven temperature to 375°. Uncover the pot, turn the pork, fat side up, and continue to cook, basting occasionally, until the top begins to brown and sizzle, about 30 minutes. Transfer the pork to a cutting board and let rest 10 to 20 minutes.

3. Discard the excess fat from the pot. Add ⅓ cup water and bring to a simmer, scraping up any browned bits, to make the sauce. Carve the pork and serve with the sauce.

Pick a pot

When it comes to buying a cast-iron Dutch oven, the options seem endless! Use these tips to choose (and care for) the right one for you.

IRON CLAD

Good news, cast-iron fans! Pre-seasoned pots (the majority of what's sold these days) come with a protective patina, which means you don't need to season them yourself. Even so, always dry cast-iron thoroughly to prevent rusting. And don't keep leftovers (especially those that contain acidic ingredients like tomatoes) in this style of Dutch oven. Your food can react with the iron and take on a metallic taste.

WASH, DON'T WEAR

Most enameled Dutch ovens are dishwasher safe, but after multiple machine washes, the enamel can start to lose its sheen. The safer bet is to hand wash with dish soap, soaking the pot first if needed.



EASY DOES IT

The enameled surface of many Dutch ovens doesn't require seasoning and its easy-to-wash surface makes cleanup simple. Another bright side? The enameled ovens come in a range of pretty colors that may inspire you to leave the pot on the stove all the time.

SIZE IT UP

A five- to six-quart pot is the most versatile: large enough for a big batch of stew, but small enough for everyday suppers. If you make lots of large roasts, consider an oval Dutch oven to accommodate the oblong shape. For individual dishes (like personal mac & cheeses or pot pies), you can buy one- to two-cup minis.

TOO HOT TO HANDLE

If you want to cook at temperatures higher than 375°, go for a Dutch oven with a metal knob instead of a plastic one, which can melt.

LOVIN' THESE OVENS?

Here's where to find a few of our favorites:

1. Rachael Ray Dutch Oven *($110, qvc.com)*

2. Lodge Dutch Ovens *(from $40, lodgemfg.com)*

3. Vintage Copco *(prices vary, quitokeeto.com)* This site occasionally sells these coveted Danish Dutch ovens.

4. Le Creuset French Ovens *(from $120, lecreuset.com)*

SCRATCH PAD

WE WENT TO COOKING SCHOOL SO YOU DON'T HAVE TO



KITCHEN COACH

SHOCKING RESULTS!

The best way to preserve vegetables' flavor, color and texture and to prevent overcooking is with the one-two punch of blanching (boiling briefly in salted water) and shocking (cooling in ice water to quickly stop the cooking process).

1. Blanch 'em

Place a bowl of ice water next to the stove. Plunge the veggies into a pot of boiling salted water. (The salt seasons the vegetables and the quick burst of heat preserves their color.) Cook, stirring occasionally, until just crisp-tender, 1 to 4 minutes, depending on the vegetable.

2. Shock 'em

Using a large slotted spoon, transfer the veggies to the ice water. Once cooled, drain the veggies and pat dry.



TARTINE WITH EGGS & ASPARAGUS
page 94



PAN-SEARED SALMON WITH POTATO & CUCUMBER SALAD
page 43

INGREDIENT INTEL

TATER TAUGHT

For evenly cooked potatoes that hold their shape, start your spuds in cold water. Dumping diced potatoes into boiling water makes them mushy on the outside and crunchy in the center. To get your taters tender all the way through, toss them in a pot with enough cold water to cover by one inch. Salt the water and bring it to a gentle boil. The spuds are done when you can easily pierce them with a paring knife, about 10 to 15 minutes. Drain and toss them with dressing for picture-perfect (and perfectly delicious!) potato salad.



ILLUSTRATIONS BY ALYSSA NASSNER

SECRET INGREDIENT

WHY WE LOVE FISH SAUCE

When you want to bump up a dish's savory richness (aka umami), splash in some fish sauce for a depth of flavor that isn't just plain fishy. In the test kitchen, we're partial to Red Boat brand, a balanced, high-quality sauce produced in Vietnam that's available in grocery stores. The sauce, a brine of fermented anchovies, adds a complexity that's hard to put your finger on. Just remember: A little goes a long way!



VIETNAMESE PORK CHOPS
page 34

TRY IT LIKE THIS...

- Toss with vegetables before you roast them.
- Stir into Bloody Marys with fresh lime juice.
- Add a few splashes to your marinara sauce.
- Mix into marinades and ground meat mixtures, like burgers and meat loaf.
- Use instead of whole anchovies in your Caesar salad dressing, or add a drop to vinaigrettes.
- Add to salsas or to fresh dips, like hummus.
- Blend with softened butter, chopped garlic and chopped fresh herbs. Serve with bread, steak or grilled fish.



KITCHEN ESSENTIAL

SMOKE POINT BLANK

If you've heated oil in a pan and ended up with a kitchen full of smoke, you know oil sends smoke signals when it's overheated. Cooking fats at too high a heat can set off your smoke detector and impart rancid flavors to food. Use this chart to learn which ones can take the heat and which can't.

BEER-BATTERED FISH & CHIPS WITH TARTAR SAUCE
page 110



Type	*Smoke point*	*How to use it*
Butter	Low (350°)	Butter provides rich flavor, but it burns quickly. Mix it with an oil that has a higher smoke point for sautéing, or swirl it into sauces just before serving.
Olive oil	Medium (375°)	Though its flavor can decrease when exposed to heat, olive oil can be used to sauté over medium-low heat. Skip it when searing over high heat.
Canola oil, vegetable oil	Medium-high (400°)	When you need to get a really good sear on a steak or a perfectly golden fried crust for your fish, this neutral-tasting oil is your go-to.
Peanut oil, corn oil	High (450°)	For really high-heat cooking techniques like stir-frying or flash-frying, these oils are ideal because of their heat resistance.

A purrfect world

March kicks off "kitten season," when cat births surge and, as a result, so does the number of kittens that turn up at shelters. But there are happy endings to many of those cuties' journeys. For proof, meet some beloved adoptees from four of the winning shelters in last year's ASPCA Rachael Ray $100K Challenge, a competition among rescue organizations to save the most lives. BY JESSIE SHOLL

Winning tales from the $100K Challenge



Name: Popsicle

Story: Found abandoned outside a Walgreens in Kansas City, MO, this eight-week-old was taken to the **Kansas City Pet Project** with nonworking, severely atrophied back legs that someone had set in ice cream–stick splints. But she thrived under the shelter's care and went on to a happy forever home.

Name: Ruckus

Story: When a couple came upon this 12-week-old, he'd just been attacked by a dog. Though their vet suggested euthanizing him, they instead went to Fresno's **Central California SPCA**, where Ruckus had eye surgery, recovered quickly, then got adopted during the $100K Challenge!





Name: Henry

Story: Only a few days old when he arrived at the **Foothills Animal Shelter** in Golden, CO, this playful guy needed round-the-clock bottle feeding. Once he could move to a foster home, he bonded with Lupa, a sweet mutt who never left his side. So his foster mom made him a permanent part of the pack.

Name: Rose

Story: This tiny stray arrived at **Clay County Animal Care and Control** in Green Cove Springs, FL, with an abdominal injury that appeared to be a dog bite. Even so, she was purring and affectionate. She recovered after two surgeries and captured the heart of a veterinary student, who adopted her.





RACHAELSRESCUE.ORG
RACHAEL'S RESCUE™
A PORTION OF PROCEEDS FROM SALES OF RACHAEL'S PRODUCTS GOES TO HELP ANIMALS IN NEED.

WANNA ADOPT?

Dr. Mark Nample, D.V.M., head of veterinary services at the Central California SPCA, shares tips for bringing a rescue kitty home.

1 **Limit handling** while your new pet adjusts. Little kids can be overly hands-on for some kittens, so keep an eye on those interactions in particular.

2 **See a vet for** deworming, flea and heartworm prevention, a fecal exam and vaccinations. You'll keep kitty healthy and minimize your own exposure to parasites.

3 **If you get a collar** for your new kitten, be sure it's the "breakaway" kind, which comes off easily if the collar gets caught on something, preventing injury.

4 **Be on the lookout** for stray strings and threads—some of kittens' favorite things to play with, and a frequent cause of abdominal issues. So grab any you see ASAP.

Every Day with Rachael Ray (ISSN 1932-0590); March 2015, Volume 10, No. 90, is published monthly (except bimonthly in January/February and July/August) by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices, $24.00 per year in the U.S.; $29.00 (U.S. dollars) in Canada; $29.00 (U.S. dollars) overseas. *Every Day with Rachael Ray* is a registered trademark of Ray Marks Co. LLC. TAKE A BITE OUTTA LIFE is a registered trademark of Meredith Corporation. **POSTMASTER:** Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Every Day with Rachael Ray, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to *Every Day with Rachael Ray*, 2835 Kew Drive, Windsor, ON, N8T 3B7. © Meredith Corporation 2014. All rights reserved. Printed in the U.S.A.

POPSICLE PHOTO COURTESY OF KC PET PROJECT; RUCKUS PHOTO COURTESY OF CENTRAL CALIFORNIA SPCA; HENRY PHOTO COURTESY OF FOOTHILLS ANIMAL SHELTER; ROSE PHOTO COURTESY OF CLAY COUNTY ANIMAL CARE AND CONTROL; KITTENS PHOTO BY FOONIA/SHUTTERSTOCK.

RACHAEL RAY™

NUTRISH®

SUPER PREMIUM NATURAL FOOD

for Cats



Real meat, like salmon or chicken, is the #1 ingredient.

There's never any poultry by-product meal, artificial preservatives or flavors.
Just simple, natural recipes with a great taste your cat will instinctively love.
Available where you shop for your family's groceries.

Try now at SwitchtoNutrish.com



Look for new Zero Grain for Cats Whitefish recipe.

REAL RECIPES. REAL INGREDIENTS. REAL GOOD.™

RACHAELSRESCUE.ORG
RACHAEL'S RESCUE®
RACHAEL'S PROCEEDS HELP ANIMALS IN NEED



Celebs tell us what they crave, we tell them what to cook!

Anna Kendrick

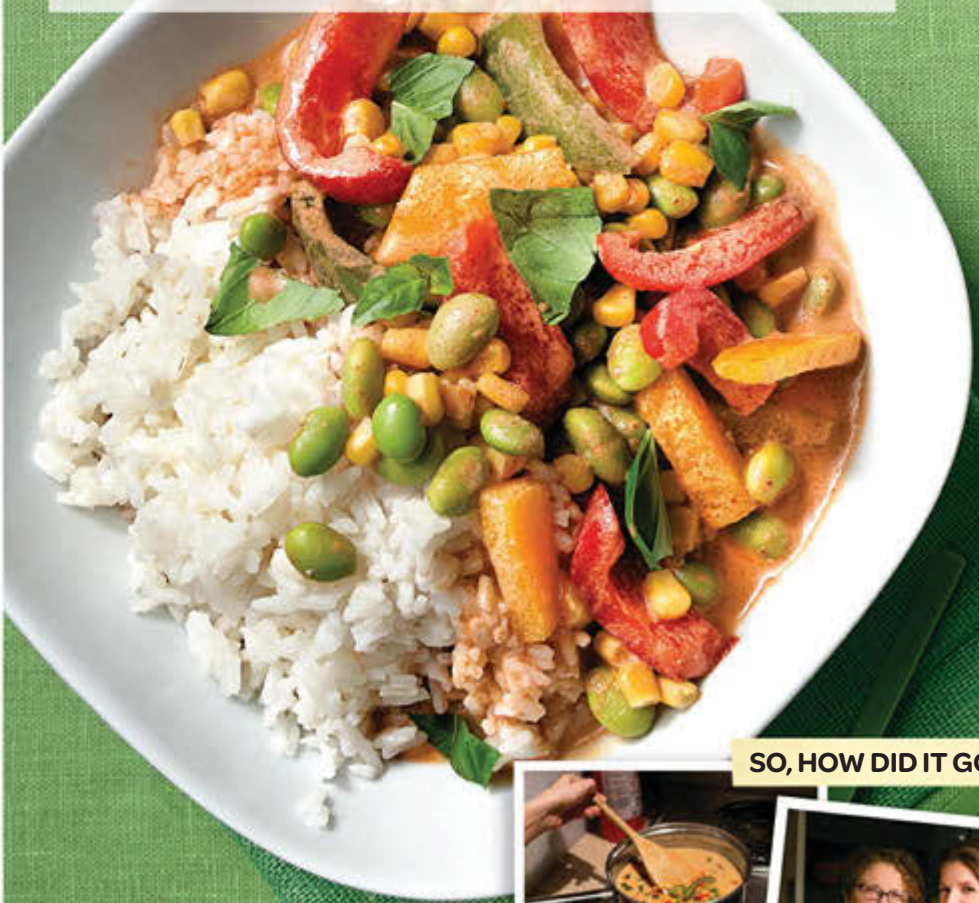
Once again, Anna Kendrick is showing off her singing skills, this time in the movie musical The Last Five Years. *Turns out, she has some real cooking chops, too, as we discovered when she whipped up one of Rach's recipes while visiting family in Portland, ME.* BY JERYL BRUNNER

WHAT'S YOUR COOKING CRED?

HOW SKILLED A COOK ARE YOU? Cooking isn't my strongest skill, but I'm willing to get into the kitchen and try something out.

WHAT TYPE OF FOODS DO YOU LIKE? Dessert is the greatest moment of my day. But for my other meals, I like to go for more plant-based foods.

HOW MUCH TIME WILL YOU SPEND IN THE KITCHEN? If I'm not working, all day is fine. If I'm shooting, I have a lot of protein bars and granola!



OK, MAKE OUR...

Vegetable Red Curry

INGREDIENTS: 1 can (13.5 oz.) unsweetened coconut milk • 1 tbsp. red curry paste • 2 tbsp. fish sauce or 2 tsp. soy sauce • 1 tbsp. brown sugar • 1½ cups shelled frozen edamame or peas • 1 box (10 oz.) frozen corn • 1½ cups frozen bell pepper strips • steamed rice, for serving • fresh basil leaves, for garnish

INSTRUCTIONS: In a saucepan, bring half the coconut milk to a gentle boil over medium-high. Cook, swirling the pan, until it thickens and forms large bubbles around the edge, about 2 minutes. Whisk in the curry paste and boil gently, stirring occasionally, 2 minutes. Stir in ½ cup water, the remaining coconut milk, fish sauce and brown sugar; bring to a boil. Cook, stirring constantly, 2 minutes; season with salt. Stir the edamame and corn into the curry and boil gently until heated through, 2 to 3 minutes. Stir in the pepper strips and heat through, about 1 minute. Serve over the rice and top with the basil.

SO, HOW DID IT GO?



"I would definitely make this dish again: My mom and I each had a big helping!"

PHOTOGRAPHY BY CHARLES MASTERS; FOOD STYLING BY MICHELLE GATTON; PROP STYLING BY THOM DRIVER. ANNA PORTRAIT BY JEFF VESPA. ALL OTHER PHOTOGRAPHS COURTESY OF ANNA KENDRICK.


CATCH of the DAY
DISCOVER A NEW WORLD of FLAVOR
Experience international flavor with our StarKist® Gourmet Selects® Pouch, featuring 100% wild-caught, premium tuna with real, diced vegetables. Try all three exciting flavors in an eat-anywhere pouch.
NEW
StarKist
Gourmet Selects
Mediterranean Style Tuna
Premium Tuna with Sundried Tomatoes in Extra Virgin Olive Oil
StarKist
Gourmet Selects
MEXICAN STYLE TUNA
Premium Tuna with Jalapeño Peppers in Sunflower Oil
StarKist
Gourmet Selects
Thai Style Tuna
Premium Tuna with Chili Peppers in Sunflower Oil
StarKist
WELCOME to the NEW SCHOOL of TUNA
Learn more at starkist.com/gourmet-selects-pouch
©2015 StarKist Co. All Rights Reserved.



Unilever

FROM SCALY TO HEALED IN 5 DAYS

New Vaseline® Intensive Care™
relieves very dry skin
from the first application
and heals it in just five days.
Clinically proven:

THE HEALING POWER OF Vaseline.

©Unilever 2014